

SIMPLE FOOD STORAGE PLAN

BYU Education Week 2008

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Item	Amount Needed	Amount to Buy
Grains	25 lbs/person/month	
WHEAT/ ROLLED OATS	/	
WHITE RICE/ PASTA	/	
CORN, Cornmeal/Barley	/	
White flour		
Beans	5 lbs. dried beans/person/month	
DRY BEANS	/	
Canned beans (Store 2 ½ times any amount of dried beans)		
Canned meats (Trade lb. for lb. for any amount of dried beans.)		
Sugar	5 lbs./person/month	
White/Brown	/	
Honey/Syrup	/	
Jams, Jellies/Fruit Drink Mix	/	
Milk	1.3 - 4 lbs./person/month For 1.3 lbs. increase grains to 33lbs/pers/mo	
Dry/Dry Cocoa Mix	/	
Evaporated 6 cans = 1 lb.		
Salt .6 lb./person/month		
Oils	1.6 lbs./person/month	
Vegetable/Olive	/	
Shortening	/	
Salad dressing/Mayo	/	
Water 3 gal/person (for 3 days)		
Consider these:		
Baking SODA/ Powder	/	
Yeast		
Vanilla/Bouillon	/	
Dried Eggs		
Multi-Vitamins		

GATHERING CALENDAR: A YEARLY PURCHASING PLAN

Set aside some money each week to create a financial reserve for emergencies. Part of this you can use to acquire food storage. Make a plan of the foods you want in your year's supply. Start with storable items that are part of your daily diet. Finish planning with foods that store for a long time.

Buying a year's supply of food can feel daunting at first. Start by buying extra amounts of those storable foods you normally eat each week. Divide the rest of your food storage purchasing into "bite-size" pieces in a monthly calendar, purchasing as much as you can each month. Wheat, grains and legumes are listed below twice, as large quantities are needed. If you are concerned about taste and increased nutrition, consider buying the other items listed. Dry milk and sugar appear twice as they are the most expensive basic food storage items. Consider buying important non-food items in the winter months of December and January. At the end of a year, you will have some of everything!

Each new year start the calendar again. Over time you will be amazed to see how much you acquire! Constantly pat yourself on the back for what you are buying. Always replenish what you use. As you are consistent, you will reach your goals!

<p style="text-align: center;">JANUARY</p> <p>First-aid supplies & medications Personal & sanitary supplies Check clothing/ blankets/sewing supplies</p>	<p style="text-align: center;">FEBRUARY</p> <p>Oils & Fats: cooking oil, shortening, mayonnaise, salad dressing, etc. Dried Eggs</p>
<p style="text-align: center;">MARCH</p> <p>Vitamins Fruit Drink Mix Canned Meats</p>	<p style="text-align: center;">APRIL</p> <p>Salt (iodized) Garden seeds Canned Vegetables & Fruits (sales) Water (rotate and refill containers)</p>
<p style="text-align: center;">MAY</p> <p>Milk: dried, canned Baking Powder, Baking Soda Canned Vegetables & Fruits (sales)</p>	<p style="text-align: center;">JUNE</p> <p>Wheat & grains: rice, oatmeal, pasta, etc. Legumes: dried, canned</p>
<p style="text-align: center;">JULY</p> <p>Sugar & Honey Dried Fruits & Vegetables (or dry/ bottle own)</p>	<p style="text-align: center;">AUGUST</p> <p>Sugar & Honey Dried Fruits & Vegetables (or dry/ bottle own)</p>
<p style="text-align: center;">SEPTEMBER</p> <p>Legumes: dried, canned Wheat & grains: rice, oatmeal, pasta, etc.</p>	<p style="text-align: center;">OCTOBER</p> <p>Fuel; alternate cooking/heating supplies Paper items; toilet paper, tissues, etc. Water (rotate and refill containers)</p>
<p style="text-align: center;">NOVEMBER</p> <p>Milk: dried, canned Yeast, Bouillon, Flavorings</p>	<p style="text-align: center;">DECEMBER</p> <p>Cleaning Supplies: soap, dish/laundry detergent Bleach or other disinfectant</p>

Capitalized items will store up to 30 years in ideal storage conditions with loss of some nutrients.

