

## A Moment of Self-Reliant Wisdom

### Topic: Basic Food Storage

**Learning objective:** The family will prepare their home with a years food supply. “A little here... a little there... and a year of basic food stuffs will be there”. The family will identify how much food commodity is necessary for each person in the household.

**BASIC FOOD STORAGE:** Suggested amounts per adult for one year. This list may vary according to disposition and location. To make a list, you will need a six columns listing with the following headings:

| ITEM | NUMBER IN FAMILY | AMOUNT NEEDED PER ADULT | TOTAL AMOUNT SUGGESTED | AMOUNT ON HAND | ADDITIONAL PURCHASES NEEDED |
|------|------------------|-------------------------|------------------------|----------------|-----------------------------|
|------|------------------|-------------------------|------------------------|----------------|-----------------------------|

The following list is *not* designed for a 72-hour kit

| Item  | Amount Needed per Adult                         |
|---|---|
| <b>Grain</b><br>Wheat<br>Flour<br>Rice<br>Corn<br>Oatmeal<br>Pastas<br>Corn meal                              | <b>300 lbs per person</b>                       |
| <b>Milk, Dry</b><br>Nonfat, Regular or Instant<br>Evaporated<br>other<br>Canned (5 cans = 1 lb.)              | <b>60 lbs per person</b>                        |
| <b>Sugar</b><br>Sugar<br>Honey  | <b>60 lbs per person</b>                        |
| <b>Salt</b>   | <b>08 lbs per person</b>                        |
| <b>Fats</b><br>Shortening<br>Vegetable oil (1 lb. = ½ quart)<br>Peanut butter<br>Mayonnaise<br>Salad dressing | <b>13 lbs</b>                                   |
| <b>Legumes</b><br>Pinto beans<br>Red beans<br>Split peas or lentils<br>Soybeans<br>Lima beans<br>Dry soup mix | <b>60 lbs per person</b>                        |
| <b>Medical-first aid kit</b>  |   |
| <b>Fuel and Light</b>   |   |
| <b>Water*</b> It is impractical for most families to store a year's supply of water.                          | 14-gals/ person is a suggested minimum reserve. |
| <b>Cooking essentials</b><br>Baking powder<br>Baking soda<br>Yeast<br>Vinegar (.5 gal.)                       | 1 lbs<br>1 lbs<br>1 lbs<br>.5 lbs<br>.5 gal     |

\*\* A children's % of adult portion, except milk: 0-3 yrs= 50%, 4-6 yrs.= 70%, 7-10 yrs.= 90%. Remember... if you don't eat it now... you won't eat it then. Try new recipes with each of these commodities weekly

