

## A Years Supply Of Food For Your Family

This is only a sample list for a family of three. Your family needs may differ quite a bit , due to your meal preference. However if you use the list as a base, you won't go hungry. Remember to rotate your supplies, using the oldest first, replenishing as you use it. If you are a family of four then increase the amount by 25%, and family of six increase by 50% and etc.

### Grains :

300 lbs of hard wheat or in combination with 150 lbs of wheat and 150 lbs of flour.

50 lbs of dry corn to grind as cornmeal

50 lbs of soft wheat

50 lbs of white rice

50 lbs of brown rice

50 lbs of oatmeal

25 lbs of maize ( for corn flour tortillas and tamales)

### Legumes :

50 lbs of pinto beans

50 lbs of combined other beans , such as navy, kidney, etc

20 lbs of split peas

20 lbs of lentils

### Dairy :

18 # 10 cans dry milk or in combination with boxes of store bought dry milk

2 #10 cans cheese powder

5 # 10 cans dehydrated eggs

3 #10 cans butter or margarine

### Sugar :

50 lbs white sugar

10 lbs brown sugar

10 lbs powdered sugar

### Shortening / Oils :

10 # 3 cans shortening

5 - 48 fl oz bottles of vegetable oil

2- 16 fl oz bottles olive oil

### Salt :

10 lbs iodized table salt ( used in pickling & meat preservation as well as table salt)

### Fruits :

52 pints peaches

52 pints applesauce

52 pints fruit cocktail

52 qts. apples ( includes pies, etc,)

52 pints pears

104 pints misc. fruit

1 # 10 can raisins

1 # 10 can dehydrated strawberries  
2 # 10 can dehydrated apple slices  
2 #10 can dehydrated banana slices

#### Vegetables :

104 pints green beans  
104 pints sweet corn  
104 pints carrots  
104 qts tomatoes  
104 pints tomato sauce  
104 half pints tomato paste  
104 qts potatoes and / or 22 lbs instant potatoes  
26 qts squash or pumpkin  
26 pints beets  
4 # 10 can dehydrated peas  
1 # 10 can dehydrated onions  
1 # 10 can dehydrated broccoli

#### Pasta :

15 lbs spaghetti  
6 lbs assorted noodles  
6 lbs lasagna

#### Meats :

52 pints beef / venison  
52 pints chicken/ turkey  
52 pints ham/ fish/ misc  
52 cans tuna  
52 pints canned hamburger( for taco, casseroles, etc)

#### Miscellaneous :

1 lb baking soda  
3 lbs baking powder  
1 lb dry yeast  
Spices usually used  
Coffee. teas. flavored drink mixes  
1 gallon pancake syrup  
Assorted treats , such as jams, jellies, pickles, etc  
25 dz jar lids both wide mouth and regular  
A grain mill to grind grains

#### Seeds :

A heavy selection of garden seeds to replenish your food supply, should a period of hard times last more than a few months. Always opt of the worst and prepare ahead. Most garden seeds last for years, if kept dry. One notable exception is onion seed, which should be replaced yearly