

FOOD - How much do I need to store?

The following is the recommendation given by the LDS church for **ONE ADULT** for **ONE YEAR**. Multiply by sufficient numbers for your family.

- GRAINS (wheat, rice, corn, rolled oats, spaghetti) 400lbs.
- MILK, dry 16lbs
- SUGAR or honey 60lbs.
- BEANS - 60lbs.
- OIL or shortening 10 gallons
- WATER a gallon of water per day per person

Salt- 60 pounds or more for curing meats

This is the most expensive and toughest thing to get complete for most. The LDS storehouse can supply most of this but there's other stuff that you will also want to store as well in addition to what we can get there. Some are itemized here:

MRE's for field use.

Peanut butter - qty. depends on how much you like it

canned meats - tuna, spam, vienna sausages...etc.

Multivitamins - 2 bottles or close to 365 tablets

canned fruits - to have something pleasurable now and then

canned spaghetti sauce - qty. relative to your spaghetti use

a set of baking accessories, baking powder, soda, vanilla extract, corn starch

a set of spices - TONY's goes good with all meats, cinnamon, garlic salt, pepper, chili powder..etc.

popcorn - for fun

don't forget food for pets - they are carnivores and we are omnivores. They can eat what we eat and would love it, but it's not good for their long term health.

They need real meat and bones or either processed pet food- which means setting aside frn's for storing it too.

I would also include in the area of food storage the tools you need to accomplish food preparation and storage such as sufficient cast iron pots, pans, bowls, dishpan, specialty utensils, ziplocs, butcher knives, sharpener, tupperware, wide mouth jars, lids, canner, canner tools...etc.

First key is to store what you will eat. Don't store a bunch of stuff you

don't like. If you hate oatmeal, don't store it because it will not be eaten and go stale. Second key is to rotate your stores and replenish. You must do this or either you will have to throw it all out and buy new at some point in the future. It wouldn't be good for TS to HTF only to find out that the food you thought would last 30 years, didn't.

Resources:<http://www.providentliving.org/>. Google food storage will bring up tons of stuff.

Beware "pay-triots" trying to sell you storable food by the palletload because the world is coming to an end this year. Most of it is premixed freeze-dried entrees where you just add water - which is ok I guess, but it's not your normal diet and is way overpriced. Food storage needs to be your lifestyle, not a single purchase on your credit card.

Verified companies with good deals

Survival Acres (survivalacres.com)

<https://www.nitro-pak.com>