

# 3 Month Food Storage Suggestions

(All values for one person)

## **3 x One Month Kit** (available from FV Home Storage Center)

- ☞ 51 lbs (9 #10 cans) red wheat
- ☞ 14.4 lbs (3 #10 can) white flour
- ☞ 33 lbs (3 #10 can) white rice
- ☞ 8.4 lbs ( 3 #10 can) quick oats
- ☞ 10.2 lbs (3 #10 can) macaroni
- ☞ 15 lbs (3 #10 can) pinto beans
- ☞ 18 lbs (3 #10 can) white sugar
- ☞ 12 lbs (3 #10 can) powdered milk
- ☞ 9 lbs (3 can) shortening
- ☞ 3 lb. salt (12 4-oz. shakers)

## **Must Additions for Cooking:**

- ☞ 24 oz. Baking Powder
- ☞ 24 oz. Baking Soda
- ☞ 3 lb. Dry Yeast
- ☞ 3 qt. Cooking Oil
- ☞ 30 gal. Water

## **Easy Additions for Flavor:**

- ☞ 3 lb. Butter
- ☞ 36 Chicken Bullion Cubes
- ☞ 3 lb. Peanut Butter
- ☞ 3 x 12 oz. Jelly or Jam
- ☞ 12 cans (6 oz.) Tomato Sauce
- ☞ 3 lb. Cheese Sauce or Powder
- ☞ 1 qt. Soy Sauce
- ☞ Seasonings (italian, garlic, chili powder, etc...)

## **Easy Additions for Nutritional Value:**

- ☞ 18 cans (15 oz.) Vegetables (assorted, wet-canned or dehydrated)
- ☞ 18 cans (15 oz.) Fruits (assorted, wet-canned or dehydrated)
- ☞ 12 cans (6 oz.) Meats (tuna, chicken, ham, etc...)
- ☞ 3 lb. Powdered Juice Mix

See [www.providentliving.org](http://www.providentliving.org) for more detailed food storage information and ideas.