

AN APPROACH TO LONGER-TERM FOOD STORAGE

<https://ndfs.byu.edu/Research/LongTermFoodStorageResearch/AnApproachtoLonger-TermFoodStorage.aspx>

The following is a starting point for determining how much food to store for one person for one year. It should be adjusted based on experimenting with recipes and personal preferences.

Revised June 2015 – revisions may be made as additional information becomes available.

- *Water is a critical storage item. A common recommendation is to store 14 gallons per person for a two week supply. Stored water should be rotated at least annually. Because it is difficult to store large amounts, some means of water purification is needed.*
- *The amounts of short and long-term items below provide approximately 3000 calories/person/day.*
- *Long-term food items (most packaged in low oxygen) will generally have an acceptable taste for at least 30 years (except as noted) when stored at room temperature or below (but not freezing); however, some nutritional losses will occur. Foods stored at higher temperatures (e.g., in attics, garages) have a much shorter shelf-life.*
- *The grains are interchangeable, e.g., 1 can of rice for 1 can of wheat.*
- *Short-term food items that must be rotated faster than they are used could be donated to a food bank before their expiration date.*
- ***Bolded items*** are available at LDS Church Home Storage Centers, and most of them are also available through the on-line store at store.lds.org.

<u>Long-term food items – at least 30 year shelf-life</u>	<u>per person amount per year</u>	<u># cases (6 cans per case)</u>	<u>approx. weight (lbs)</u>
Grains			
Wheat	24 #10 cans	4	139
Rice, white	12 #10 cans	2	68
Oats, rolled	12 #10 cans	2	31
Pasta (macaroni or spaghetti)	12 #10 cans	2	46
Popcorn – for popping or grinding	3 #10 cans	-	16
Legumes (beans , split peas, lentils)	12 #10 cans	2	62
Milk, nonfat dry (15 year shelf-life)	12 #10 cans	2	49
Sugar	12 #10 cans	2	73
Apple Slices, dried	12 #10 cans	2	16
Potato Flakes	12 #10 cans	2	34
Carrots, dried (10 year shelf-life)	3 #10 cans	-	8
Onions, dried	1 #10 can	-	3
Salt	8 lbs		
Baking soda – for baking and to soften old beans	1 lb		
Baking powder	4 lbs		
Vitamin C tablets (@ 90 mg)	365 tablets		

<u>Short-term food items</u>	<u>approx. unopened shelf-life (years)</u>	<u>per person amount per year</u>
Cooking Oil	1+	2 gallons
Shortening	1+	2 cans (@3 lbs)
Mayonnaise/Salad Dressing	1	2 quarts
Peanut Butter	1+	2 lbs
Fruit Drink Mix (or multivitamins)	2	2 #10 cans
Spices/Flavorings/Bouillon/Condiments	2+	-
Eggs, dried – for baking, not frying	3+	2 #10 can
Yeast	5+	2 lbs

Storing other canned or dried fruits, vegetables, meats, etc. will increase variety and nutritional value

Nonfood items

Can opener

Grain grinder

Recipes – that use only the ingredients you have stored