



Food Storage Calculator

There are a number of good food storage calculators on the internet. Nearly all are based on that of the [Church of Latter Day Saints](#) (LDS), the Mormons, as is this one. Ours uses a bit broader categories and is calibrated per person for simpler calculations. (Halve amounts for children under 7 years.)

	PER MONTH	PER YEAR
Grains.....	25 lb.....	300 lb
<i>(such as wheat, oats, barley, rice, flour, corn meal, pastas)</i>		
Fruits.....	15+ lb.....	185 lb
<i>(such as dried apple slices, banana chips, raisins, dates, canned cherries)</i>		
Vegetables	15+ lb.....	185 lb
<i>(such as peas, corn, green beans, potatoes & onions. Beets & carrots will store all winter in the ground where you grew them.)</i>		
Legumes.....	10 lb.....	120 lb
<i>(such as dry beans, limas, split peas, and lentils)</i>		
Fats & Oils.....	1+ lb.....	13 lb
Sugars.....	5 lb.....	60 lb
Cooking:		
Baking Powder.....		1 lb
Baking Soda.....		1 lb
Milk (<i>evaporated, dried, soy</i>).....	7 lb.....	85 lb
Salt.....		5 lb
Vinegar.....		½ lb
Yeast.....		½ lb

Drinking water (1 gallon per person per day) can be stored up to 6 months.
Recommended: store at least 2 weeks' supply (14 gallons of water) per person.