

THE FOLLOWING IS A LIST OF COMMON FOOD STAPLES WITH EXTENDED SHELF LIFE. THIS DOCUMENT IS INTENDED TO BE REFERENCED IN ORDER TO PLAN AND PREPARE FOR FOOD SUPPLY SHORTAGES. THIS IS NOT AN ALL INCLUSIVE LIST AS COMMON ITEMS SUCH AS TOMATO SAUCE, TOMATO PASTE, CANNED SOUPS AND VEGETABLES ARE NOT LISTED BUT ARE RECOMMENDED BASED ON PERSONAL USE AND COOKING HABITS. (en lieu of grains we also recommend all pastas as a calorie dense food) (serving size based on 2,000 cal/day adult) (all items listed would give each individual person 2612 calories/day)

Food Item	Category	Calories /serving	Serving Size Dry	Serving Size Prepared	Measured by	Storage Type	Shelf Life
Red Beans	Protein	110	0.25	0.5	cup	Mylar	30 years
Pinto Beans	Protein	120	0.25	0.5	cup	Mylar	30 years
Black Eyed Peas	Protein	99	0.25	0.5	cup	Mylar	30 years
Black Beans	Protein	115	0.25	0.5	cup	Mylar	30 years
Lima Beans	Protein	108	0.25	0.5	cup	Mylar	30 years
Rice	Carbs	206	0.25	0.5	cup	Mylar	30 years
Oatmeal	Carbs	158	0.5	1	cup	Mylar	30 years
Corn meal	Carbs	110	0.25	0.5	cup	Mylar	5 years
Wheat flour	Carbs	113	0.25	0.5	cup	Mylar	5 years
Potato Flakes	Carbs	212	0.5	1	cup	Mylar	30 years
Chicken Bouillon	Seasoning		1	1	gram	Mylar	2-5 years
Beef Bouillon	Seasoning		1	1	gram	Mylar	2-5 years
Powdered Milk	Protein	240	0.33	1	cup	Mylar	2-10 years
Non-Fat Powdered Milk	Protein	80	0.33	1	cup	Mylar	10+ years
Protein Powder	Protein	varies	0.25	varies	cup	Original bottle	2 years
Sugar	Carbs	31	8	8	gram	Mylar	30 years
Salt	Seasoning		2.4	2.4	gram	Mylar	Unlimited
Baking Soda	All purpose		0.6	0.6	gram	Mylar	Unlimited
Vinegar	All purpose	N/A	N/A	N/A		Original bottle	Unlimited
Pain reliever/fever reduce	Medicine	N/A	Varies	N/A		Original bottle	2 years
Multi-Vitamins	Health	N/A	Varies	N/A		Original bottle	2 years

“...consider her (the ant’s) ways, and be wise: Which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvest.” Proverbs 6:6-9

“But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel.” 1 Timothy 5:8

“Divide your portion to seven, or even to eight, for you do not know what misfortune may occur on the earth.” Ecclesiastes 11:2

“The prudent sees the evil and hides himself, but the naive go on, and are punished for it.” Proverbs 22:3

“A wise man thinks ahead; a fool doesn’t, and even brags about it!” Proverbs 13:16

NOTE 1. Daily use factor is calculated based on average alternative use of items other than mere consumption

(daily use factor can be altered to personal consumption habits)

NOTE 2. For combinations of people number over 6 add together the desired columns

NOTE 3. For longer term food amounts, multiply the desired family size by the number of months being planned

NOTE 4. If storing in original package, most grains/beans will have 1/3-1/2 the listed shelf life

NOTE 5. All color coded columns should reference the "Measured by" volume or weight of the same color

Meal Serving for family of 4 (measured dry)	(in cups) family of 4 x 5 servings per month (measured dry)	(in cups) 4 avg persons x 20 servings per month (measured dry)	Measured by	Daily use factor	(uses amount in column K) Amount by weight for one month supply for 4 persons (measured dry)	Measured by	1	2	3
	person/ 1 month	people/ 1 month			people/ 1 month				
1	5	20	cup	1	10	lbs	2.5	5	7.5
1	5	20	cup	1	10	lbs	2.5	5	7.5
1	5	20	cup	1	10	lbs	2.5	5	7.5
1	5	20	cup	1	10	lbs	2.5	5	7.5
1	5	20	cup	1	10	lbs	2.5	5	7.5
1	5	20	cup	1.5	24.6	lbs	6.15	12.3	18.45
2	10	40	cup	1	8	lbs	2	4	6
1	5	20	cup	1.5	10.5	lbs	2.625	5.25	7.875
1	5	20	cup	1.5	9.6	lbs	2.4	4.8	7.2
2	10	40	cup	1.5	3	lbs	0.75	1.5	2.25
4	20	80	gram	1	2.8	oz	0.7	1.4	2.1
4	20	80	gram	1	2.8	oz	0.7	1.4	2.1
1.32	6.6	26.4	cup	2	8	lbs	2	4	6
1.32	6.6	26.4	cup	2	8	lbs	2	4	6
1	5	20	cup	1	2	lbs	0.5	1	1.5
32	160	640	gram	2	2.8219136	lbs	0.7055	1.411	2.1164
9.6	48	192	gram	2	13.54518528	oz	3.3863	6.7726	10.159
2.4	12	48	gram	4	13.54518528	oz	3.3863	6.7726	10.159

USE BEST JUDGMENT BASED ON PERSONAL USE