

Basic Food Storage List



My barebones list for food storage necessities for one adult male. For an average adult woman multiply the amounts by 0.75. For a child ages 1-3 multiply it by 0.3. For children 4-6 multiply by 0.5. Children 7-9 multiply by 0.75. I've listed the category along with the weight in food you need. Under each category are the basics this weight should be distributed into. It is up to you how you distribute it. In the space provided before each item write in the amount in pounds you have of each.

Grains – 400lbs

- ___ Barley
- ___ Cereal
- ___ Cornmeal
- ___ Flour
- ___ Multigrain
- ___ Oats, Rolled Quick
- ___ Oats, Rolled Regular
- ___ Popcorn
- ___ Sprouting Seeds
- ___ Wheat
- ___ White Rice
- ___ Pasta Noodles

Milk/Dairy – 75lbs

- Canned Milk
- Canned Sour Cream
- Cheese Spreads
- Condensed Milk
- Dried Cheese
- Dried Eggs
- Infant Formula
(If Applicable)
- Powdered Milk
- Powdered Cheese
- Powdered Sour Cream

Juices/Beverages – 25lbs

- Apple Juice
- Baby Strained Juices
- Cocoa Drink Mix
- Cranberry Juice
- Dried Juice Mix
- Kool Aid
- Grape Juice
- Tomato Juice

Fats/Oils – 20lbs

- Canned Butter
- Cooking Oil
- Margarine
- Mayonnaise
- Olive Oil
- Peanut Butter
- Powdered Butter
- Salad Dressing
- Shortening

Meats (Canned, Dehydrated or Freeze Dried) – 20lbs

- Beef
- Beef Jerkey
- Chicken
- Fish (tuna, crab, shrimp)
- Ham
- Pepperoni
- TVP
- Pork

Fruits and Veggies – 90lbs Dried, 370qts Canned

- Apple Chips
- Applesauce
- Appricots
- Peaches
- Berries
- Fruit Cocktail
- Olives
- Pears
- Pineapple
- Raisins
- Tomatoes
- Celery
- Potatoes
- Corn
- Peas
- Spinach
- Carrots
- Onions
- Mushrooms

- _____ Peppers
- _____ Pickles
- _____ Asparagus
- _____ Yams

Beans & Legumes – 90lbs

- _____ Pinto
- _____ Pink
- _____ White
- _____ Kidney
- _____ Nuts
- _____ Sprouting Seeds

Sugars – 60lbs

- _____ Corn Syrup
- _____ Honey
- _____ Syrup
- _____ Brown Sugar
- _____ White Sugar
- _____ Powdered Sugar

Auxiliary Foods – As Needed

- _____ Baking Powder
- _____ Baking Soda
- _____ Cake Mixes
- _____ Vitamins
- _____ Cookies
- _____ Cornstarch
- _____ Crackers
- _____ Cream of Tartar
- _____ Roll/Bread Mixes
- _____ Instant Breakfast

- Instant yeast
- Muffin Mixes
- Pancake Mix
- Pectin
- Pie Fillings
- Gelatin
- Salt
- Survival Bars

Spices & Condiments – As Needed

- Allspice
- Basil
- BBQ Sauce
- Bouillon Cubs
- Cayenne Pepper
- Chili Powder
- Chives
- Chocolate Syrup
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry
- Dill Weed
- Garlic Powder
- Ginger
- Gravy Mixes
- Ketchup
- Nutmeg
- Onion Flakes
- Oregano

- ___ Paprika
- ___ Pepper
- ___ Sage
- ___ Salad Dressing
- ___ Salt
- ___ Steak Sauce
- ___ Soy Sauce
- ___ Spaghetti Sauce
- ___ Thyme
- ___ Vanilla Extract
- ___ Viengar
- ___ Worcestershire Sauce

About the Author: Jessica



I'm an LDS prepper from Lehi, UT. I believe that emergency preparation is vital for everyone and that you don't need to be a survival specialist to get the best emergency preparation for you and your family. I want to take the complexity out of prepping to help those around me get involved.