

BASIC FOOD STORAGE

1 person for 3 months*

Grains: Wheat, Rice, Flour, Corn, Barley, Noodles, etc.	100 lbs
Oil- Rotate Annually: Vegetable Oil, Olive Oil, Shortening, Peanut Butter, Salad Dressing, Oil Spray, etc. 1 qt. mayo= 1 ½ lb. oil 1 qt. dressing= 1 lb. oil 1 lb. peanut butter= ½ lb. oil	2.5 quarts
Legumes: Dry beans (pinto, kidney, bean mix), Peas (split), Lentils, Dry Soup Mix, etc.	15 lbs
Dairy: Nonfat Powdered Milk, Pudding, Cocoa, Evaporated Milk (6 cans= 1 lb.), etc.	4 lbs
Sugar: Granulated, Brown, Molasses, Honey, Jams, Jellies, Corn Syrup, Fruit Drink Mix (powdered), Flavored Gelatin, etc.	15 lbs
Salt (Store in original container)	1.25 lbs**
Water: 2 liters per day for 2 weeks supply, minimum! (Drinking amount only- store more for cooking and washing!)	14 gallons

(*Amounts taken from First Presidency Letter sent to Priesthood Leaders, January 20, 2002)

(**I reduced church recommendation from 2 lbs to 1.25 lbs for our family and supplemented with garlic salt)

“BEST IF USED BY” RECOMMENDATION

(Store in Cool, Dry Area)

Grains, Sugars, Legumes , Apple Slices,	30 years
Potato Flakes	
Dairy (without chocolate), Carrots	20 years
All Purpose Flour	10 years
Water	5 years (if stored with “aerobic stabilized oxygen”)
Refried Bean Flakes, Pudding Mix, Dry	5 years
Soup Mix	
Fruit Drink Mix, Cooking Oil	2 years
Pancake Mix, Potato Flakes	Limited
Salt	No expiration

Storage Suggestions: Store items in a cool, dry location away from sunlight. Store items on shelves or raised platforms rather than directly in contact with concrete floors or walls.

Warmer conditions, in desert climates, may reduce the shelf life of canned food.

Rotation within 2 years is recommended.

This suggestion applies to Dry Pack products as well as Wet Packed products, even though some products may last longer.

Rotation can be accomplished by personal use or by sharing with others.