



Food Storage Inventory

Set a goal. Multiply the number of people in your household to find the number of pounds you will need for a 12 month supply. For a 3 month supply, simply divide the total pounds by 4.

The recommended amounts are the absolute minimum amounts of food needed for one adult for one year. If you only store this much, you will be eating very small meals. Think about storing more. Remember that children grow up to be adults. Consider storing an adult supply for them.

On each page you will find a column for can size and weight. Put either the exact weight in this column, or an approximate weight. It is easy to count the number of cans or buckets and multiply to find out how many pounds you currently have.

For example, a bucket of wheat weighs 40 pounds. If I have 5 buckets, I know I have 200 pounds of wheat. My goal for my family might be 600 pounds, so I know I would need 10 more buckets.

Write the date on your list and put this list in a safe place. You can make a food storage binder with this at the front, followed by recipes. You can store it with your recipe books in your kitchen.

Food storage is not just for emergencies. You can have milk, butter, eggs and other ingredients on hand at all times. When you run out of something, shop from your Home Store. You will never run out of these items again. As you build your Home Store, your family will love eating items from "food storage" on a daily basis. You will learn how easy it is to store what you eat and eat what you store.

Contact me at www.eatwhatyoustore.com for information on a customized food planner that works in conjunction with this Food Storage Inventory.

Diana B.

801.900.5838

eatwhatyoustore@gmail.com



Grains

It is recommended that you have a minimum of 300 pounds per person for a 12 month supply.

$$300 \text{ lbs} \times \frac{\text{_____}}{(\# \text{ of people})} = \text{_____}$$

Item	Can Size and Weight	On Hand	Want
9 Grain Cracked Cereal			
10 Grain Pancake Mix			
Amaranth			
Barley			
Corn Meal			
Egg Noodle Pasta			
Flour, White			
Flour, Wheat			
Germade (Wheat Cereal)			
Lasagna Noodles			
Macaroni Noodles			
Millet			
Oat Groats			
Oats, Quick			
Oats, Regular			
Quinoa			
Rice			
Rice Flour			

Quick TIPS

Whole grains should make up 65% of your grains group. Whole grains include wheat, oats, quinoa, spelt, millet, amaranth, and brown rice.

For more tips, visit www.eatwhatyoustore.com.



THRIVE | GRAINS

Item	Can Size and Weight	On Hand	Want
Rice, Instant Brown			
Rice, Instant White			
Spaghetti Noodles			
Spelt			
Wheat, Hard White			
Wheat, Hard Red			

Quick TIPS

Hard red wheat has a strong nutty flavor. If you are new to using wheat, you might want to purchase hard white wheat, as it has a more subtle flavor.

For more tips, visit www.eatwhatyoustore.com.



Dairy

It is recommended that you have a minimum of 87 pounds per person for a 12 month supply. Of that, a minimum of 35 pounds of milk is recommended.

$$87 \text{ lbs} \times \frac{\text{ }}{(\# \text{ of people})} = \text{ }$$

Item	Can Size and Weight	On Hand	Want
Butter Powder			
Cheese Blend			
Cheese, Cheddar (FD)			
Cheese, Colby (FD)			
Cheese, Monterey Jack (FD)			
Cheese, Mozzarella (FD)			
Chocolate Drink Mix			
Ice Cream (FD)			
Milk, Instant			
Milk, Powdered			
Sour Cream Powder			
Yogurt (FD)			

FD refers to freeze dried.

Quick TIPS

Instant milk usually tastes better for drinking than powdered milk. Powdered milk is mainly used in baking. Although, you can use both interchangeably.

For more tips, visit www.eatwhatyoustore.com.



Fruits

It is recommended that you have a minimum of 20 pounds of freeze dried fruits per person for a 12 month supply.

$$20 \text{ lbs} \times \frac{\text{_____}}{(\# \text{ of people})} = \text{_____}$$

Item	Can Size and Weight	On Hand	Want
Apple Sauce			
Apple Slices			
Apples (FD)			
Apricots (FD)			
Banana Slices (FD)			
Blackberries (FD)			
Cherries (FD)			
Grapes (FD)			
Mangoes (FD)			
Peach Slices (FD)			
Pears (FD)			
Pineapple Chunks (FD)			
Raspberries (FD)			
Strawberries, Sliced (FD)			
Strawberries, Whole (FD)			

FD refers to freeze dried.

Quick TIPS

Freeze dried foods last longer and are healthier than foods that are simply dehydrated. Freeze dried foods also retain their original color, flavor, shape and texture.

For more tips, visit www.eatwhatyoustore.com.



Vegetables

It is recommended that you have a minimum of 17 pounds of freeze dried vegetables per person for a 12 month supply.

$$17 \text{ lbs} \times \frac{\quad}{(\# \text{ of people})} = \quad$$

Item	Can Size and Weight	On Hand	Want
Asparagus (FD)			
Bell Peppers, Dehydrated			
Bell Peppers (FD)			
Broccoli (FD)			
Carrot Dices			
Cauliflower (FD)			
Celery (FD)			
Corn (FD)			
Green Beans (FD)			
Green Chili Peppers (FD)			
Mushroom Pieces (FD)			
Onions, Dehydrated			
Onions (FD)			
Onions, Green (FD)			
Peas (FD)			
Potato Beads			
Potato Chunks			

FD refers to freeze dried.

Quick TIPS

Rotate by substituting items from the grocery store with items from your Home Store. You will be surprised how easy it is to turn long-term foods into everyday foods.

For more tips, visit www.eatwhatyoustore.com.



THRIVE VEGETABLES

Item	Can Size and Weight	On Hand	Want
Potato Dices (FD)			
Potato Flakes			
Split Green Peas			
Spinach (FD)			
Tomato Dices (FD)			
Tomato Powder			
Zucchini (FD)			
Garden Vegetable Seeds			

FD refers to freeze dried.

Quick TIPS

Grow a garden in your yard or in pots. Then, you will have produce. Store and rotate your seeds. You will have fresh produce to eat with your food storage.

For more tips, visit www.eatwhatyoustore.com.



Beans

If you store beans only, it is recommended you have a minimum of 60 pounds per person for 12 months. If you do a combination, you should store a minimum of 18 pounds of freeze dried meat and 27 pounds of beans per person for 12 months.

$$60 \text{ lbs} \times \frac{\text{_____}}{(\# \text{ of people})} = \text{_____}$$

Item	Can Size and Weight	On Hand	Want
Black Beans			
Black Beans, Instant			
Kidney Beans			
Lentils			
Lima Beans			
Pinto Beans			
Pinto Beans, Instant			
Red Beans			
Red Beans, Instant			
Soy Beans			
White Navy Beans			

Quick Tips

For optimum shelf life, store food on shelves indoors with temperatures between 40°F and 70°F year round. Quality is best maintained by minimum exposure to light, heat, moisture and air.

For more tips, visit www.eatwhatyoustore.com.



Meats

If you store beans only, it is recommended you have a minimum of 60 pounds per person for 12 months. If you do a combination, you should store a minimum of 18 pounds of freeze dried meat and 27 pounds of beans per person for 12 months.

$$18 \text{ lbs X } \frac{\text{_____}}{(\# \text{ of people})} = \text{_____}$$

$$27 \text{ lbs X } \frac{\text{_____}}{(\# \text{ of people})} = \text{_____}$$

Item	Can Size and Weight	On Hand	Want
Beef Dices (FD)			
Chicken Dices (FD)			
Chicken Slices (FD)			
Ground Beef (FD)			
Ham (FD)			
Roast Beef (FD)			
Sausage (FD)			
Taco TVP			
Turkey (FD)			
Egg White Powder			
Scrambled Egg Mix			
Whole Egg Powder			

FD refers to freeze dried.

Quick Tips

Store large amounts of water in sturdy containers away from heat sources and direct sunlight. Plan on at least 14 gallons per person for a two week supply

For more tips, visit www.eatwhatyoustore.com.



Basics

It is recommended that you have a minimum of 90 pounds of basic ingredients per person for a 12 month supply. Of that, at least 60 pounds should be some type of a sweetener, 5 pounds of salt, and least of 20 pounds of oils.

$$90 \text{ lbs} \times \frac{\quad}{(\# \text{ of people})} = \quad$$

Item	Can Size and Weight	On Hand	Want
Almond Extract			
Baking Cocoa			
Baking Powder			
Baking Soda			
Bouillon, Beef			
Bouillon, Chicken			
Chili Powder			
Cinnamon			
Cloves			
Cornstarch			
Cream of Tarter			
Dough Enhancer			
Drink Mix			
Garlic Powder			
Gelatin			
Lemon Pepper			
Nutmeg			

Quick TIPS

For maximum freshness, keep oxygen absorbers in your open cans. Reseal your open cans with their plastic lids.



For more tips, visit www.eatwhatyoustore.com.

Item	Can Size and Weight	On Hand	Want
Olive Oil			
Onion Powder			
Pepper			
Salt			
Shortening			
Shortening Powder			
Vanilla Extract			
Vegetable Oil			
Vinegar			
Yeast			
Wheat Gluten			
Sweeteners			
Brown Sugar			
Corn Syrup			
Honey			
Honey Powder			
Maple Syrup			
Molasses			
Powdered Sugar			
White Sugar			

Quick TIPS

Don't forget to store non-food items such as paper products, cleaning supplies, laundry detergent, toiletries, soap, and medicines.

For more tips, visit www.eatwhatyoustore.com.

