



Computing Your Family Factor			
Family Members	# People	Scaling Points	Total Points
Male Adult	1	100	100
Female Adult		85	-
Male Teenager		140	-
Female Teenager		95	-
Male Child		95	-
Female Child		75	-
Infant (1-3yrs)		50	-
<i>Total Family Points</i>			100
Family Factor			1

Name	
Address	
City State Zip	
Phone #	
Email Address	

Acknowledgements:

Much of the category organization has made following the book "Making the Best of Basics: Family Preparedness Handbook" by James Talmage Stevens. Publisher: Origin Books Sales, Inc.; 10th edition (July 1997). ISBN: 1882723252.

This book is a wonderful resource for organizing, planning, and using your food storage. Although this program was made without the collaboration of James Talmage Stevens or the publishers of Making the Best of Basics", the authors of this program highly recommend "Making the Best of Basics" as a reference for your library.

In addition to categorizing your food storage following "Making the Best of Basics", this program will allow you to keep track of your inventory, estimate the minimum usage rate of your food storage (use it or lose it!), and budget food storage purchases in 3, 6, and 12 month increments.

This program was written by Daniel and Heidi Bartholomeusz. This program can be edited and distributed as long as the distributions are free of charge. Questions: Please contact dab2@utah.edu

Scaling Points from Other Sources

Family Members	<u>Making the Best of Basics</u>	Unknown Source from the Web	<u>LDS Church (Approximated from food calculator program)</u>	Other
	Male Adult	100	100	
Female Adult	85	100	70	
Male Teenager	140	150	190	
Female Teenager	95	130	70	
Male Child	95	80	80	
Female Child	75	80	60	
Infant (1-3yrs)	50	50	60	

For other resources, go to www.providentliving.org, or select "Provident Living" at the website for the Church of Jesus Christ of Latter-Day Saints (www.lds.org).

Instructions:

Do the following in order.

With the exception of the *Basic Inventory Sheet*, all editable fields are in bright yellow. All other fields are automatically calculated.

1) **Family Calculator Sheet** - Enter number of family members in each age category on the *Family Calculator Sheet*. The *Scaling Points* can be customized.

2) **Storage Summary Sheet** - Adult Quantity Goal amounts for each category vary depending on the sources listed in the bottom chart. You are able to customize the categories. Pick the source for Adult Quantity Goal amount you wish to use. These values are updated as the minimum Adult Goal in the *Basic Goals Sheet*.

3) **Goals, Inventory, Budget Sheet** -

Select **Category & View** at the top of the page

Goals & Review View -

Pick adult quantity goal amounts for each item in each sub-category for each major category. Pick the foods you wish to store. The items are editable to your families needs and desires. All item names edited on this page are automatically updated throughout the program. Also enter the average shelf life.

Inventory View -

Enter amounts you have in your storage for each food item and for each type of container in the. Also enter the units per container.

After selecting a category, print the page (Ctrl+p) to print a form to record your inventory. (You can print similar forms for each view).

Budget View -

Enter the estimated cost per unit for each item you plan on storing. This will help you know how much to budget for 3, 6, and 12 months of storage for each item.

4) **Storage Summary and 12 Month Summary Chart Sheets** -Review storage, comparing inventory with 12 month, 6 month, and 3 month goals and total budget needed on the *Storage Summary* and *12 Month Summary Chart Sheets*.

Unlock the Formulas, select Tools->Protection->Unprotect Sheet (There is no password).

Food Storage Summary

Basic Needs Summary

Source- Enter Source code from chart below	1	Actual Adult Goal Quantity Set	Units	Family Total Goal from Basic Foods	In Inventory	Current Months of Storage for Family	Still Needed for 12 months	Still Needed for 6 months	Still Needed for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
Water - Emergency Supplies and Treatment (2 weeks)	14	0	gallons	0	0	0.0	0	for 2 weeks		\$ -	for 2 weeks		
Wheat, Other Whole Grains & Flours	625	0	lbs	0	0	0.0	0	0	0	\$ -	\$ -	\$ -	\$ -
Legumes (dry beans, peas, lentils)	85	0	lbs	0	0	0.0	0	0	0	\$ -	\$ -	\$ -	\$ -
Powdered Milk, Dairy Products, & Eggs	200	0	lbs	0	0	0.0	0	0	0	\$ -	\$ -	\$ -	\$ -
Sweeteners - Honey, Sugar, & Syrup	100	0	lbs	0	0	0.0	0	0	0	\$ -	\$ -	\$ -	\$ -
Cooking Catalyst	90	0	lbs	0	0	0.0	0	0	0	\$ -	\$ -	\$ -	\$ -
Sprouting Seeds & Supplies	10	0	lbs	0	0	0.0	0	0	0	\$ -	\$ -	\$ -	\$ -
Other Church Offered Food Storage Items and Additional Misc. Items	0	0	lbs	0	0	0.0	0	0	0	\$ -	\$ -	\$ -	\$ -

Recommended Adult Quantities from Various Sources	Units	1	2	3	4
		Making the Best of Basics	LDS Church	Other Source	Personalized Yearly Amount
Storage Item	Units	Adult Goal Quantity	Adult Goal Quantity	Adult Goal Quantity	Adult Goal Quantity
Water - Emergency Supplies and Treatment (2 weeks)	gallons	14	14		
Wheat, Other Whole Grains & Flours	lbs	625	400		
Legumes (dry beans, peas, lentils)	lbs	85	60		
Powdered Milk, Dairy Products, & Eggs	lbs	200	16		
Sweeteners - Honey, Sugar, & Syrup	lbs	100	60		
Cooking Catalyst	lbs	90	19		
Sprouting Seeds & Supplies	lbs	10			
Other Church Offered Food Storage Items and Additional Misc. Items	lbs				

Total Budget Needed	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
\$ -	\$ -	\$ -	\$ -	\$ -

Goals & Review

Water - Emergency Supplies and Treatments (2 weeks)						
Storage Item	Shelf Life (Months)	Adult Goal Quantity	Units	Family Total Goal	In Inventory	
Water Basic Sustenance-Level - drinking, some cooking, washing hands & face (14 gal. min. per adult) Basic Maintenance-Level - drinking, cooking & preparing food, cleaning utensils, washing body (28 gal. min. per adult)						
Water, potable	12		gallons			
Water, aseptic pkg	indefinite		gallons			
Commercial bottled water	12		gallons			
Containers			each			
Total Water		0	gallons	0	0	
Water Treatment Equipment						
testing kit, water quality	indefinite	1	1/family	1		
Portable treatment unit	indefinite	1	1/family	1		
Bleach, 5.25% sodium hypochlorite	6	1	gallons	0		
water treatment tablets 2 oz pkg.	36	1	pkg	0		
iodine tincture, 2%	indefinite	2	oz	0		

Wheat, Other Whole Grains, Flours and Beans (Adult Total: 625 lbs Minimum)									
Storage Item	Shelf Life (Months)	Adult Goal Quantity	Units	Family Total Goal	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Minimum Use Rate (units/month)
Wheat (Recommended: 50% of Major Category minimum) Actual percentage of major category: 0%									
Wheat, whole grain - all types	indefinite		lbs	0	0	0	0	0	0.0
Other Whole Grains (Recommended: 16% of Major Category minimum) Actual percentage of major category: 0%									
corn	60		lbs						
oats - all types	60		lbs						
barley	60		lbs						
rye	60		lbs						
popcorn (whole kernel)	24		lbs						
Total Other Whole Grains		0	lbs	0	0	0	0	0	
Flours, fresh-ground & commercial (Recommended: 6% of Major Category minimum) Actual percentage of major category: 0%									
Enriched white flour/ wheat-gluten	12		lbs						
cornmeal	60		lbs						
beans (from dried beans)	6		lbs						
rice	2		lbs						
barley	2		lbs						
rye	2		lbs						
wheat-bran, fresh ground	1		lbs						
Total Flours		0	lbs	0	0	0	0	0	
Rice, whole grain (Recommended: 7% of Major Category minimum) Actual percentage of major category: 0%									
rice, white	48		lbs						
rice, wild	36		lbs						
rice, brown	3		lbs						
Total Rice		0	lbs	0	0	0	0	0	
Pasta (Recommended: 6% of Major Category minimum) Actual percentage of major category: 0%									
lasagna, macaroni, spaghetti	96		lbs						
noodles, egg	9		lbs						
Total Pasta		0	lbs	0	0	0	0	0	
Cereals - whole grain & prepared (Recommended: 8% of Major Category minimum) Actual percentage of major category: 0%									
barley, pearled	12		lbs						
buckwheat (kasha)	12		lbs						
Hominy & grits	12		lbs						
granola	6		lbs						
rice (dry cereal)	12		lbs						
corn (dry cereal)	12		lbs						
corn/hominy/posole (ready to heat)	12		lbs						
wheat/rice, creamed (ready to heat)	12		lbs						
shredded wheat	12		lbs						
Total Cereals		0	lbs	0	0	0	0	0	
Equipment and Supplies									
grain mill/grinder	indefinite	1	1/family	1					
Mixer	indefinite	1	1/family	1					
						Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	
Wheat, Other Whole Grains, Flours and Beans						0	0	0	
Grand Total						0	0	0	

Sprouting - Seeds & Supplies						(Adult Total: 0 lbs Minimum)			
Storage Item	Shelf Life (Months)	Adult Goal Quantity	Units	Family Total Goal	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Minimum Use Rate (units/month)
Beans, Grains & Seeds - for best results, use only untreated or organic beans, grains & seeds									
alfalfa	36		lbs						
barley, unhulled	36		lbs						
peas	36		lbs						
soybean	36		lbs						
vegetables - your selection	36		lbs						
wheat	36		lbs						
your selection	36		lbs						
your selection	36		lbs						
your selection	36		lbs						
your selection	36		lbs						
Total Leaveners		0	lbs	0	0	0	0	0	
Equipment for Sprouting									
quart jar w/ screw ring & seal (for homemade sprouter)	indefinite		Units						
rubber bands	indefinite		Units						
cheese cloth	indefinite		yard						
nylon netting	indefinite		yard						
commercial sprouter	indefinite		Units						
colander or strainer	indefinite		Units						
Sprouting - Seeds & Supplies		Adult Goal Quantity	Units	Family Total Goal	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	
Grand Total		0	lbs	0	0	0	0	0	

Other Church Offered Food Storage Items and Additional Misc. Items									
Storage Item	Shelf Life (Months)	Adult Goal Quantity	Units	Family Total Goal	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Minimum Use Rate (units/month)
Church Offered Items									
Apple Slices	96		lbs						
Carrots	120		lbs						
Onions, Chopped Dry	96		lbs						
Potato Pearls	36		lbs						
Pudding, Chocolate	60		lbs						
Pudding, Vanilla	60		lbs						
your selection			lbs						
your selection			lbs						
your selection			lbs						
your selection			lbs						
Total Church Offered Items		0	lbs	0	0	0	0	0	
Miscellaneous Items									
your selection			lbs						
your selection			lbs						
your selection			lbs						
your selection			lbs						
your selection			lbs						
Total Miscellaneous Items		0	lbs	0	0	0	0	0	
Other Church Offered Food Storage Items and Additional Misc. Items		Adult Goal Quantity	Units	Family Total Goal	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	
Grand Total		0	lbs	0	0	0	0	0	

Inventory

Water - Emergency Supplies and Treatments (2 weeks)												
Storage Item	Units	Family Total Goal	In Inventory	Bottled Water in Stock (qrt)	1 Gal bottle in Stock	5 Gal bottle in Stock	10 Gal bottle in Stock	15 Gal bottle in Stock	25 Gal barrel in Stock	50 Gal barrel in Stock	? Gallon Container (gallons)	? Gal Container in Stock
Water Basic Sustenance-Level - drinking, some cooking, washing hands & face (14 gal. min. per adult) Basic Maintenance-Level												
Water, potable	gallons		0									
Water, aseptic pkg	gallons		0									
Commercial bottled water	gallons		0									
Gallons Expected from Containers Yet to Buy	gallons	0										
Unit Cost for Containers	\$	\$ -										
Total Water	gallons	0	0	0	0	0	0	0	0	0	0	0

Water Treatment Equipment			
testing kit, water quality	1/family	1	
Portable treatment unit	1/family	1	
Bleach, 5.25% sodium hypochlorite	gallons	0	
water treatment tablets 2 oz pkg.	pkg	0	
iodine tincture, 2%	oz	0	

Wheat, Other Whole Grains, Flours and Beans

Storage Item	Units	Family Total	In Inventory	#10 Cans in Stock	Units per #10 Can	Pouches in Stock	Units per Pouch	5 Gal Bucket in	Units per 5 Gal	Other Container	Units Per Container	# of Containers in Stock
Wheat (Recommended: 50% of Major Category minimum)												
Wheat, whole grain - all types	lbs	0	0		5.8		2.0		38.7			
Other Whole Grains (Recommended: 16% of Major Category minimum)												
corn	lbs		0		5.0				33.3			
oats - all types	lbs		0						0.0			
barley	lbs		0						0.0			
rye	lbs		0						0.0			
popcorn (whole kernel)	lbs		0						0.0			
Total Other Whole Grains	lbs	0	0									

Flours, fresh-ground & commercial (Recommended: 6% of Major Category)												
Enriched white flour/ wheat-gluten	lbs		0						0.0			
cornmeal	lbs		0						0.0			
beans (from dried beans)	lbs		0						0.0			
rice	lbs		0						0.0			
barley	lbs		0						0.0			
rye	lbs		0						0.0			
wheat-bran, fresh ground	lbs		0						0.0			
Total Flours	lbs	0	0									

Rice, whole grain (Recommended: 7% of Major Category minimum)												
rice, white	lbs		0						0.0			
rice, wild	lbs		0						0.0			
rice, brown	lbs		0						0.0			
Total Rice	lbs	0	0									

Pasta (Recommended: 6% of Major Category minimum)												
lasagna, macaroni, spaghetti	lbs		0						0.0			
noodles, egg	lbs		0						0.0			
Total Pasta	lbs	0	0									

Cereals - whole grain & prepared (Recommended: 8% of Major Category minimum)												
barley, pearled	lbs		0						0.0			
buckwheat (kasha)	lbs		0						0.0			
Hominy & grits	lbs		0						0.0			
granola	lbs		0						0.0			
rice (dry cereal)	lbs		0						0.0			
corn (dry cereal)	lbs		0						0.0			
corn/hominy/posole (ready to heat)	lbs		0						0.0			
wheat/rice, creamed (ready to heat)	lbs		0						0.0			
shredded wheat	lbs		0						0.0			
Total Cereals	lbs	0	0									

Equipment and Supplies			
grain mill/grinder	1/family	1	
Mixer	1/family	1	

Wheat, Other Whole Grains, Flours and Beans	Units	Family Total Goal	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months
Grand Total	lbs	0	0	0	0.0	0

Legumes												
Storage Item	Units	Family Total	In Inventory	#10 Cans in Stock	Units per #10 Can	Pouches in Stock	Units per Pouch	5 Gal Bucket in	Units per 5 Gal	Other Container	Units Per Container	# of Containers in Stock
Legumes - dried (Recommended: 75% of Major Category minimum)												
Kidney	lbs		0						0.0			
Navy	lbs		0						0.0			
White	lbs		0						0.0			
Pink	lbs		0						0.0			
Pinto	lbs		0						0.0			
Lima	lbs		0						0.0			
Lentils	lbs		0						0.0			
Peas, green, split, or black-eyed	lbs		0						0.0			
Beans, Refried - flakes	lbs		0						0.0			
Dried soup mix (bean)	lbs		0						0.0			
Soybeans	lbs		0						0.0			
Total Legumes	lbs	0	0									
Textured vegetable protein (TVP) (Recommended: 11% of Major Category)												
TVP, unflavored	lbs		0						0.0			
flavorings - ham/beef/chicken/vegetable	lbs		0						0.0			
Total TVP	lbs	0	0									
		Family Total	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months						
Legumes	Units											
Grand Total	lbs	0	0	0	0.0	0						

Powdered Milk, Dairy Products, & Eggs												
Storage Item	Units	Family Total	In Inventory	#10 Cans in Stock	Units per #10 Can	Pouches in Stock	Units per Pouch	5 Gal Bucket in	Units per 5 Gal	Other Container	Units Per Container	# of Containers in Stock
Dairy products, dried & powdered (Recommended: 75% of Major Category)												
milk, non-instant powdered	lbs		0						0.0			
butter, dehydrated	lbs		0						0.0			
cheese, dehydrated	lbs		0						0.0			
buttermilk powder	lbs		0						0.0			
non-dairy creamer	lbs		0						0.0			
Cocoa mix, Hot	lbs		0						0.0			
milk, aseptic packaging	lbs		0						0.0			
Total Dairy Products	lbs	0	0									
Eggs, powdered (25 dozen minimum)												
Eggs, dehydrated/freeze-dried (3.6 oz/dz)	dz	0	0						0.0			
Milk, Canned (select 24 cans minimum)												
evaporated milk (about 0.75 lb per 12 fluid oz can)	cans		0						0.0			
condensed, sweetened (about 0.75 lb per 14 oz weight can)	cans		0						0.0			
Total Canned Milk	cans	0	0									
Cheese making items												
cheese press	1/family	1										
cooking thermometer	1/family	1										
cheese cloth	yard											
Rennet/ Junket tablets	tablets											
Yogurt making items												
yogurt starter	Tbsp											
cheese cloth	yard											
yogurt maker	1/family	1										
		Family Total	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months						
Powdered Milk, Dairy Products, & Eggs	Units											
Grand Total	lbs	0	0	0	0.0	0						

Sprouting - Seeds & Supplies												
Storage Item	Units	Family Total	In Inventory	#10 Cans in Stock	Units per #10 Can	Pouches in Stock	Units per Pouch	5 Gal Bucket in	Units per 5 Gal	Other Container	Units Per Container	# of Containers in Stock
Beans, Grains & Seeds - for best results, use only untreated or organic beans, grains & seeds												
alfalfa	lbs		0						0.0			
barley, unhulled	lbs		0						0.0			
peas	lbs		0						0.0			
soybean	lbs		0						0.0			
vegetables - your selection	lbs		0						0.0			
wheat	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
Total Leaveners	lbs	0	0									
Equipment for Sprouting												
quart jar w/ screw ring & seal (for homemade sprouter)	Units											
rubber bands	Units											
cheese cloth	yard											
nylon netting	yard											
commercial sprouter	Units											
colander or strainer	Units											
Sprouting - Seeds & Supplies	Units	Family Total Goal	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months						
Grand Total	lbs	0	0	0	0	0						

Other Church Offered Food Storage Items and Additional Misc. Items												
Storage Item	Units	Family Total	In Inventory	#10 Cans in Stock	Units per #10 Can	Pouches in Stock	Units per Pouch	5 Gal Bucket in	Units per 5 Gal	Other Container	Units Per Container	# of Containers in Stock
Church Offered Items												
Apple Slices	lbs		0						0.0			
Carrots	lbs		0						0.0			
Onions, Chopped Dry	lbs		0						0.0			
Potato Pearls	lbs		0						0.0			
Pudding, Chocolate	lbs		0						0.0			
Pudding, Vanilla	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
Total Church Offered Items	lbs	0	0									
Miscellaneous Items												
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
your selection	lbs		0						0.0			
Total Miscellaneous Items	lbs	0	0									
Other Church Offered Food Storage Items and Additional Misc. Items	Units	Family Total Goal	In Inventory	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months						
Grand Total	lbs	0	0	0	0	0						

Budget

Water - Emergency Supplies and Treatments (2 weeks)

Storage Item	Family Total Goal	Units	Price Per Unit	Cost of Additional Containers for 2 Week Storage	Cost of Water Treatment Equipment	Source
Water Basic Sustenance-Level - drinking, some cooking, washing hands & face (14 gal. min. per adult) Basic						
Water, potable		gallons		\$ -		
Water, aseptic pkg		gallons				
Commercial bottled water		gallons				
Price of Containers Still Needed		Total				
Total Water	0	gallons				
Water Treatment Equipment						
testing kit, water quality	1	1/family			\$ -	
Portable treatment unit	1	1/family			\$ -	
Bleach, 5.25% sodium hypochlorite	0	gallons			\$ -	
water treatment tablets 2 oz pkg.	0	pkg			\$ -	
iodine tincture, 2%	0	oz			\$ -	
Grand Total to Complete 2 Week Supply +					\$ -	

Wheat, Other Whole Grains, Flours and Beans (Adult Total: 625 lbs Minimum)										
Storage Item	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
Wheat (Recommended: 50% of Major Category minimum)										
Wheat, whole grain - all types	0	lbs	\$0.29	0	0	0	\$ -	\$ -	\$ -	\$ -
Other Whole Grains (Recommended: 16% of Major Category)										
corn		lbs								
oats - all types		lbs								
barley		lbs								
rye		lbs								
popcorn (whole kernel)		lbs								
Total Other Whole Grains	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Flours, fresh-ground & commercial (Recommended: 6% of Major Category)										
Enriched white flour/ wheat-gluten		lbs	\$0.17							
cornmeal		lbs								
beans (from dried beans)		lbs								
rice		lbs								
barley		lbs								
rye		lbs								
wheat-bran, fresh ground		lbs								
Total Flours	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Rice, whole grain (Recommended: 7% of Major Category)										
rice, white		lbs	\$0.19							
rice, wild		lbs								
rice, brown		lbs								
Total Rice	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Pasta (Recommended: 6% of Major Category minimum)										
lasagna, macaroni, spaghetti		lbs	\$0.44							
noodles, egg		lbs								
Total Pasta	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Cereals - whole grain & prepared (Recommended: 8% of Major Category)										
barley, pearled		lbs								
buckwheat (kasha)		lbs								
Hominy & grits		lbs								
granola		lbs								
rice (dry cereal)		lbs								
corn (dry cereal)		lbs								
corn/hominy/posole (ready to heat)		lbs								
wheat/rice, creamed (ready to heat)		lbs								
shredded wheat		lbs								
Total Cereals	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Equipment and Supplies										
grain mill/grinder	1	1/family					\$ -			
Mixer	1	1/family					\$ -			
Wheat, Other Whole Grains, Flours and Beans										
	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -

Legumes							(Adult Total: 85 lbs Minimum)				
Storage Item	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage	
Legumes - dried (Recommended: 75% of Major Category)											
Kidney		lbs									
Navy		lbs									
White		lbs	\$0.41								
Pink		lbs	\$0.42								
Pinto		lbs	\$0.41								
Lima		lbs									
Lentils		lbs									
Peas, green, split, or black-eyed		lbs									
Beans, Refried - flakes		lbs	\$0.86								
Dried soup mix (bean)		lbs	\$0.59								
Soybeans		lbs									
Total Legumes	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -	
Textured vegetable protein (TVP) (Recommended: 11% of											
TVP, unflavored		lbs									
flavorings - ham/beef/chicken/vegetable		lbs									
Total TVP	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -	
	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage	
Legumes	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -	
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -	

Powdered Milk, Dairy Products, & Eggs							(Adult Total: 200 lbs Minimum)				
Storage Item	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage	
Dairy products, dried & powdered (Recommended: 75% of											
milk, non-instant powdered		lbs	\$1.29								
butter, dehydrated		lbs									
cheese, dehydrated		lbs									
buttermilk powder		lbs									
non-dairy creamer		lbs									
Cocoa mix, Hot		lbs	\$1.03								
milk, aseptic packaging		lbs									
Total Dairy Products	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -	
Eggs, powdered (25 dozen minimum)											
Eggs, dehydrated/freeze-dried (3.6 oz/dz)	0	dz		0	0	0	\$ -	\$ -	\$ -	\$ -	
Milk, Canned (select 24 cans minimum)											
evaporated milk (about 0.75 lb per 12 fluid oz can)		cans									
condensed, sweetened (about 0.75 lb per 14 oz weight can)		cans									
Total Canned Milk	0	cans		0	0	0	\$ -	\$ -	\$ -	\$ -	
Cheese making items											
cheese press	1	1/family					\$ -				
cooking thermometer	1	1/family					\$ -				
cheese cloth		yard					\$ -				
Rennet/ Junket tablets		tablets					\$ -				
Yogurt making items											
yogurt starter		Tbsp					\$ -				
cheese cloth		yard					\$ -				
yogurt maker	1	1/family					\$ -				
	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage	
Powdered Milk, Dairy Products, & Eggs	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -	
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -	

Sweeteners - Honey, Sugar and Syrup							(Adult Total: 100 lbs Minimum)			
Storage Item	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
Honey (Recommended: 65% of Major Category minimum)										
Honey (unfiltered, or unprocessed)		lbs								
diluted honey		lbs								
creamed honey		lbs								
Total Honey	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Syrup & Jams (as needed)										
corn syrup		lbs								
maple syrup		lbs								
Jams or preserves		lbs								
Molasses		lbs								
Total syrup	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Sugar (Recommended: 20% of Major Category minimum)										
white		lbs	\$0.38							
brown		lbs								
powdered		lbs								
Maple sugar		lbs								
Powdered fruit drink		lbs	\$0.92							
Flavored gelatin		lbs								
sugar substitutes		lbs								
Total sugar	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Sweeteners - Honey, Sugar and Syrup	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -

Cooking Catalysts - Salts, oils, leaveners							(Adult Total: 90 lbs Minimum)			
Storage Item	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
Salt (Recommended: 6% of Major Category minimum)										
Salt - all kinds	0	lbs	\$0.41	0	0	0	\$ -	\$ -	\$ -	\$ -
Leaveners (Recommended: 10% of Major Category minimum)										
Yeast, active dry		lbs								
baking powder		lbs								
Baking soda		lbs								
Vinegar (7.75 lb/gal)		gal								
Total Leaveners	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Oils, fats, shortening (Recommended: 80% of Major Category r										
vegetable oil (7.5 lbs/gal.)		gal	\$5.17							
lard		lbs								
sesame		lbs								
Mayonnaise		lbs								
Salad dressing (mayonnaise type)		lbs								
peanut butter		lbs								
shortening		lbs								
Total oils	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Cooking Catalysts - Salts, oils, leaveners	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -

Sprouting - Seeds & Supplies							(Adult Total: 0 lbs Minimum)			
Storage Item	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
Beans, Grains & Seeds - for best results, use only untreated or organic beans, grains & seeds										
alfalfa		lbs								
barley, unhulled		lbs								
peas		lbs								
soybean		lbs								
vegetables - your selection		lbs								
wheat		lbs								
your selection		lbs								
your selection		lbs								
your selection		lbs								
your selection		lbs								
Total Leaveners	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Equipment for Sprouting										
quart jar w/ screw ring & seal (for homemade spr)		Units					\$ -			
rubber bands		Units					\$ -			
cheese cloth		yard					\$ -			
nylon netting		yard					\$ -			
commercial sprouter		Units					\$ -			
colander or strainer		Units					\$ -			
Sprouting - Seeds & Supplies	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -

Other Church Offered Food Storage Items and Additional Misc. Items										
Storage Item	Family Total Goal	Units	Price Per Unit	Still Need for 12 months	Still Need for 6 months	Still Need for 3 months	Cost to Complete 12 Month Goal	Cost to Complete 6 Month Goal	Cost to Complete 3 Month Goal	Cost to Add 1 More Month of Storage
Church Offered Items										
Apple Slices		lbs	\$3.17							
Carrots		lbs	\$2.42							
Onions, Chopped Dry		lbs	\$1.97							
Potato Pearls		lbs	\$1.25							
Pudding, Chocolate		lbs	\$1.36							
Pudding, Vanilla		lbs	\$1.36							
your selection		lbs								
your selection		lbs								
your selection		lbs								
your selection		lbs								
Total Church Offered Items	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Miscellaneous Items										
your selection		lbs								
your selection		lbs								
your selection		lbs								
your selection		lbs								
your selection		lbs								
your selection		lbs								
Total Miscellaneous Items	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Other Church Offered Food Storage Items and Additional Misc. Items	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -