

Food Storage: Family Calculator

Computing You	our Fami	ly Facto	r
		Scaling	
Family Members	# People	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	-
Total Family Points	100		
Family Factor	1		

	Scaling	Points fi	rom Other Sc	urces
			LDS Church	
	Making	Unknown	(Approximat	
	the Best	Source	ed from food	
	<u>of</u>	from the	calculator	
Family Members	<u>Basics</u>	Web	program)	Other
Male Adult	100	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).

Name	
Address	
City State Zip	
Phone #	
Email Address	

Ackowledgements:

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 catagorizing 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

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-catagory 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).

			Ва	asic Nee	ds Summ	ary											
Source- Enter Source code from chart below Storage Item	1 Adult Goal Quantity	Actual Adult Goal Quantity Set	Units	Family Total Goal from Basic Foods	In Inventory		Still Needed for 12 months		Still Needed for 3 months	Com	ost to plete 12 th Goal	Con	ost to nplete 6 ith Goal	Com	est to plete 3 h Goal	More	to Add 1 e Month Storage
Water - Emergency Supplies and Treatment (2 weeks)	14	0	gallons	0	0	0.0	0	for 2 wee	eks	\$	-	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	1 Making the Best of	2 LDS	3 Other	4 Personalized	1			Total Budget	Com	ost to plete 12 th Goal	Con	ost to nplete 6 nth Goal	Com	est to plete 3 h Goal	More	to Add 1 e Month Storage
Various Sources		Basics	Church	Source	Yearly Amount				Needed	\$	-	\$	-	\$	-	\$	-

Goals & Review

			uio G	1 10 110		
Wa	ater - Emer	gency S	upplies	and Ti	eatments	(2 weeks)
		Adult		Family		
	Shelf Life	Goal		Total	In	
Storage Item	(Months)	Quantity	Units	Goal	Inventory	
Water Basic Sustenance-Level Maintenance-Level - drinking, co 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	pkq	0		Ī
water treatment tablets 2 oz prg.	30					

iodine tincture, 2%	indefinite	2	OZ	0					
									•
						(Adult			
Wheat, Other Who	olo Grains	Floure	and Ro	ane		Total:	625	lbs	Minimum)
vvileat, Other vvii	Jie Grains	, i louis	and be	alis		Still	Still	Still	wiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii
		Adult		Family				Need for	Minimum Use
	Chalf Life	Goal		Total	ln.	12	6	3	Rate
Storono Itom	Shelf Life		Hnito		ln Inumtem		_	-	
Storage Item Wheat (Recommended: 50% of Ma	(Months)	Quantity	Units	Goal	Inventory			months	(units/month) 0%
Wheat, whole grain - all types	indefinite	iiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii	lbs	0	Actual perce	0	lajoi categ	0 O	0.0
Other Whole Grains (Recommend		Major Cator		-	Λotual	percentag	o of major	·	0.0
corn	60	viajoi Galeç	lbs	l liluiii)	Actual	percentag	C Of Illajor	category.	0 70
oats - all types	60		lbs						
barley	60		lbs						
rve	60		lbs						
popcorn (whole kernel)	24		lbs						
Total Other Whole Grains	2-7	0	lbs	0	0	0	0	0	
		-			U	U	U	U	
Flours, fresh-ground & commerc	iai (Recomn	nended: 6%	ot Majo	Г	A -4l		!		00/
Category minimum)	40		11.	ı	Actual perce	entage of n	najor categ	jory:	0%
Enriched white flour/ wheat-gluten	12		lbs						
cornmeal	60		Ibs						
beans (from dried beans)	6		Ibs						
rice	2		Ibs						
barley	2		Ibs						
rye wheat-bran, fresh ground	<u>2</u> 1		Ibs						
•	l I		Ibs	_		_		_	
Total Flours		0	lbs	, O	0	0	0	0	201
Rice, whole grain (Recommended		r Category		n)	Actual perce	entage of n	najor categ	jory:	0%
rice, white	48		Ibs						
rice, wild rice, brown	36		Ibs						
·	3		Ibs						
Total Rice		0	lbs	0	0	0	0	0	201
Pasta (Recommended: 6% of Majo		ninimum)			Actual perce	entage of n	najor categ	jory:	0%
lasagna, macaroni, spaghetti	96		lbs						
noodles, egg	9		Ibs						
Total Pasta		0	lbs	0	0	0	0	0	
Cereals - whole grain & prepared	(Recomme	nded: 8% o	f Major C	ategory					
minimum)					Actual perce	entage of n	najor cateo	jory:	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		Ibs						
shredded wheat	12		Ibs			_			
Total Cereals		0	lbs	0	0	0	0	0	
Equipment and Supplies			416 "			ı			
grain mill/grinder	indefinite	1	1/family	1					
Mixer	indefinite	1	1/family	1		Çŧill	Q#III	Q+iII	
		A al14		For:!!:		Still	Still	Still Need for	
		Adult		Family				Need for	
M/l4 OdlM/l- ! O ! 5!	I D	Goal	l lm!4-	Total	In	12	6 months	3 months	
Wheat, Other Whole Grains, Flours	and Beans	Quantity	Units	Goal	Inventory	months	months	months	
Grand Total		0	lbs	0	0	0	0	0	

7/1/2004

7/1/2004			Goal	s Review	Form				
						(Adult			
	Legumes	6				Total:	85	lbs	Minimum)
						Still	Still	Still	•
		Adult		Family		Need for	Need for	Need for	Minimum Use
	Shelf Life	Goal		Total	In	12	6	3	Rate
Storage Item	(Months)	Quantity	Units	Goal	Inventory	months	months	months	(units/month)
Legumes - dried (Recommended:	75% of Majo	or Category	minimur	n)	Actual perce	entage of n	najor categ	gory:	0%
Kidney	60		lbs						
Navy	60		lbs						
White	96		lbs						
Pink	96		lbs						
Pinto	96		lbs						
Lima	varies		lbs						
Lentils	varies		lbs						
Peas, green, split, or black-eyed	varies		lbs						
Beans, Refried - flakes	36		lbs						
Dried soup mix (bean)	varies		lbs						
Soybeans	varies		lbs						
Total Legumes		0	lbs	0	0	0	0	0	
Textured vegetable protein (TVP)	(Recomme	nded: 11%	of Major						
Category minimum)					Actual perce	entage of n	najor categ	gory:	0%
TVP, unflavored	36		lbs						
flavorings -									
ham/beef/chicken/vegetable	36		lbs						
Total TVP		0	lbs	0	0	0	0	0	
						Still	Still	Still	
		Adult		Family		Need for	Need for	Need for	
		Goal		Total	In	12	6	3	
Legumes		Quantity	Units	Goal	Inventory	months	months	months	
Grand Total		0	lbs	0	0	0	0	0	

						(Adult			
Powdered Mill	k. Dairy Pı	roducts.	& Faas			Total:	200	lbs	Minimum)
	Shelf Life	Adult Goal		Family Total	. In	Still Need for 12	Still Need for 6	Still Need for 3	Minimum Use
Storage Item	(Months)	Quantity		Goal	Inventory	months	months	months	(units/month)
Dairy products, dried & powdere	d (Recomme	ended: 75%	of Majo	r					
Category minimum)					Actual perce	entage of n	najor cate	gory:	0%
milk, non-instant powdered	48		lbs						
butter, dehydrated	96		lbs						
cheese, dehydrated	96		lbs						
buttermilk powder	36		lbs						
non-dairy creamer	36		lbs						
Cocoa mix, Hot	60		lbs						
milk, aseptic packaging	pkg. Date		lbs						
Total Dairy Products		0	lbs	0	0	0	0	0	
Eggs, powdered (25 dozen minin	num)	ı		ı	1	ı			
Eggs, dehydrated/freeze-dried (3.6	'								
oz/dz)	96		dz	0	0	0	0	0	
Milk, Canned (select 24 cans mir	imum)	ı		ı	1	ı			
evaporated milk (about 0.75 lb per 12	1								
fluid oz can)	48		cans						
condensed, sweetened (about 0.75 lb									
per 14 oz weight can)	36		cans						
Total Canned Milk	•	0	cans	0	0	0	0	0	
Cheese making items									
cheese press	indefinite	1	1/family	1					
cooking thermometer	indefinite	1	1/family						
cheese cloth	indefinite		vard			†			
Rennet/ Junket tablets	indefinite		tablets			İ			
Yogurt making items		ı				ı			
yogurt starter	0.5		Tbsp						
cheese cloth	indefinite		yard			İ			
yogurt maker	indefinite	1	1/family	1		†			
• •						Still	Still	Still	
		Adult		Family		Need for	Need for	Need for	
		Goal		Total	In	12	6	3	
Powdered Milk, Dairy Products,	& Eaas	Quantity	Units	Goal	Inventory	months	months	months	
Grand Total		0	lbs	0	0	0	0	0	

7/1/2004

7/1/2004			Goal	ls Review	· Form				
						(Adult			
Sweeteners -	Honey, S	ugar and	Syrup			Total:	100	lbs	Minimum)
		Adult		Family		Still Need for	Still Need for	Still Need for	Minimum Use
	Shelf Life	Goal		Total	In	12	6	3	Rate
Storage Item	(Months)	Quantity	Units	Goal	Inventory	months	months	months	(units/month)
Honey (Recommended: 65% of M	lajor Categor	y minimum)		Actual perce	entage of n	najor categ	gory:	0%
Honey (unfiltered, or unprocessed)	indefinite		lbs						
diluted honey	48		lbs						
creamed honey	60		lbs						
Total Honey		0	lbs	0	0	0	0	0	
Syrup & Jams (as needed)									
corn syrup	indefinite		lbs						
maple syrup	indefinite		lbs						
Jams or preserves	indefinite		lbs						
Molasses	24		lbs						
Total syrup		0	lbs	0	0	0	0	0	
Sugar (Recommended: 20% of Ma	jor Category	minimum)			Actual perce	entage of n	najor categ	gory:	0%
white	indefinite		lbs						
brown	indefinite		lbs						
powdered	indefinite		lbs						
Maple sugar	60		lbs						
Powdered fruit drink	indefinite		lbs						
Flavored gelatin	indefinite		lbs						
sugar substitutes	indefinite		lbs						
Total sugar		0	lbs	0	0	0	0	0	
						Still	Still	Still	
	Adult		Family			Need for			
		Goal		Total	In	12	6	3	
Sweeteners - Honey, Sugar and	l Syrup	Quantity	Units	Goal	Inventory	months	months	months	
Grand Total	0	lbs	0	0	0	0	0		

						(Adult			
Cooking Cata	ysts - Salt	s, oils, le	avener	'S		Total:	90	lbs	Minimum)
						Still	Still	Still	
		Adult		Family		Need for	Need for	Need for	Minimum Use
	Shelf Life	Goal		Total	In	12	6	3	Rate
Storage Item	(Months)	Quantity	Units	Goal	Inventory	months	months	months	(units/month)
Salt (Recommended: 6% of Major	Category mi	nimum)			Actual perce	entage of n	najor categ	gory:	0%
Salt - all kinds	indefinite		lbs	0	0	0	0	0	0.0
Leaveners (Recommended: 10%	of Major Cate	gory minim	um)		Actual perce	entage of n	najor categ	gory:	0%
Yeast, active dry	24		lbs						
baking powder	9		lbs						
Baking soda	24		lbs						
Vinegar (7.75 lb/gal)			gal						
Total Leaveners	0	lbs	0	0	0	0	0		
Oils, fats, shortening (Recomme	nded: 80% of	Major Cate	gory mii	nimum)	Actual perce	entage of n	najor cateo	gory:	0%
vegetable oil (7.5 lbs/gal.)	24		gal						
lard	6		lbs						
sesame	4		lbs						
Mayonnaise	6		lbs						
Salad dressing (mayonnaise type)	7		lbs						
peanut butter	12		lbs						
shortening	12		lbs						
Total oils		0	lbs	0	0	0	0	0	
						Still	Still	Still	
		Adult		Family		Need for	Need for	Need for	
		Goal		Total	In	12	6	3	
Cooking Catalysts - Salts, oils, I	eaveners	Quantity	Units	Goal	Inventory	months	months	months	
Grand Total		0	lbs	0	0	0	0	0	

7/1/2004

7/1/2004			Goal	ls Review	/ Form				
						(Adult			
Sprouti	ing - Seeds	& Suppli	es			Total:	0	lbs	Minimum)
·	Ĭ					Still	Still	Still	,
		Adult		Family		Need for	Need for	Need for	Minimum Use
	Shelf Life	Goal		Total	In	12	6	3	Rate
Storage Item	(Months)	Quantity	Units	Goal	Inventory	months	months	months	(units/month)
Beans, Grains & Seeds - for best	results, use only u	intreated or or	ganic bean	s, 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			Ī			
colander or strainer	indefinite		Units			Ī			
						Still	Still	Still	
		Adult		Family				Need for	
	Goal		Total	In	12	6	3		
Sprouting - Seeds & Supplies		Quantity	Units	Goal	Inventory	months	months	months	
Grand Total	rand Total		lbs	0	0	0	0	0	

Other Church Offered Fo	od Storag	e Items a	and Ad	ditiona	Misc. Ite	ms			
	Shelf Life	Adult Goal		Family Total	ln	Still Need for 12	Still Need for 6	Still Need for 3	Minimum Use Rate
Storage Item	(Months)	Quantity	Units	Goal	Inventory	months	months	months	(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						
your selection			lbs						
Total Miscellaneous Items		0	lbs	0	0	0	0	0	
		Adult		Family		Still Need for	Still Need for	Still Need for	
Other Church Offered Food Storage Items and		Goal		Total	In	12	6	3	
Additional Misc. Items		Quantity	Units	Goal	Inventory	months	months	months	
Grand Total	and Total		lbs	0	0	0	0	0	

Inventory

					HVCIIC	· ,						
	1	Water	- Emerge	ncy Su	pplies a	ind Treat	ments	(2 week	(s)			
		Famil		Bottled								
		У		Water in	1 Gal		10 Gal	15 Gal	25 Gal		? Gallon	? Gal
		Total	In	Stock	bottle in	5 Gal bottle	bottle in	bottle in	barrel in	50 Gal barrel	Container	Container in
Storage Item	Units	Goal	Inventory	(qrt)	Stock	in Stock	Stock	Stock	Stock	in Stock	(gallons)	Stock
Water Basic Sustenance-Le	evel - dri	nking, s	some cooki	ng, wash	ing hand	s & face (1	4 gal. mi	n. per ad	lult) Ba	sic Maintena	nce-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 a	nd Bear	าร							
		Famil		#10	Units		Units	5 Gal	Units			# of
		у	In	Cans in	per #10	Pouches	per	Bucket	per 5	Other	Units Per	Containers
Storage Item	Units	Total	Inventory	Stock	Can	in Stock	Pouch	in	Gal	Container	Container	in Stock
Wheat (Recommended: 50%	of Majo	r Categ	ory minimu	ım)								
Wheat, whole grain - all types	lbs	0	0		5.8		2.0		38.7			
Other Whole Grains (Recom	nmended	l: 16% c	of Major Cat	egory mi	nimum)							
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 & com	mercial	(Recom	mended: 6	% of Majo	or Catego	ry						
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 (Recomm	ended:	7% of M	ajor Catego	ory minim	ium)							
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% o	f Major	Categor	y minimum)								
lasagna, macaroni, spaghetti	lbs	Ī	0	ĺ					0.0			
noodles, egg	lbs		0						0.0			
Total Pasta	lbs	0	0		ı		ı				ı	
Cereals - whole grain & pre	pared (R	Recomm	ended: 8%	of Maior	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) shredded wheat	lbs		0						0.0			
Total Cereals	lbs			<u> </u>			<u> </u>		0.0	<u> </u>		
	lbs	0	0									
Equipment and Supplies	416		1	ı								
grain mill/grinder	1/family	1		.								

grain mill/grinder Mixer	1/family 1/family	1				
Wheat, Other Whole Grains, Flours and Beans	Units	Famil y 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

	Le	gumes	3									
		Famil		#10	Units		Units	5 Gal	Units			# of
		У	In	Cans in	per #10	Pouches	per	Bucket	per 5	Other		Containers
Storage Item	Units		Inventory	Stock	Can	in Stock	Pouch	in	Gal	Container	Container	in Stock
Legumes - dried (Recomme		5% of M		ry minim	um)			,				
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) (R	ecomme	ended: 11%	of Major	Category	1						
TVP, unflavored	lbs		0						0.0			
flavorings -												
ham/beef/chicken/vegetable	lbs		0						0.0			
Total TVP	lbs	0	0									
		Famil		Still	Still							
		у		Need	Need	Still						
		Total	In	for 12	for 6	Need for						
Legumes	Units	Goal	Inventory	months	months	3 months						
Grand Total	lbs	0	0	0	0.0	0	1					

Powdered	Milk, D	airy Pr	oducts, 8	Eggs								
Storage Item	Units	Famil y	In Inventory	#10 Cans in	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 & pov	vdered (l	Recomn	nended: 75°	% of Majo	r Catego	ry						l.
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	minimun	n)										
Eggs, dehydrated/freeze-dried (3.6		,										
oz/dz)	dz	0	0						0.0			
Milk, Canned (select 24 can	s minimu	ım)				ı				I		I
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			ı					I	l .
Cheese making items												
cheese press	1/family	1										
cooking thermometer	1/family	1										
cheese cloth	yard											
Rennet/ Junket tablets	tablets											
Yogurt making items			I									
yogurt starter	Tbsp											
cheese cloth	yard											
yogurt maker	1/family	1										
		Famil		Still	Still							
		у		Need	Need	Still						
Powdered Milk, Dairy Products,		Total	In	for 12	for 6	Need for						
& Eggs	Units	Goal	Inventory	months	months	3 months						
Grand Total	lbs	0	0	0	0.0	0						

Sweetene	rs - Hoi	ney, Sı	ugar and	Syrup								
		Famil		#10	Units		Units	5 Gal	Units			# of
		У	In	Cans in		Pouches	per	Bucket	per 5	Other		Containers
Storage Item	Units		Inventory		Can	in Stock	Pouch	in	Gal	Container	Container	in Stock
Honey (Recommended: 659	% of Maj	or Cate	gory minim	um)								
Honey (unfiltered, or unprocessed)	lbs		0									
diluted honey	lbs		0						0.0			
creamed honey	lbs		0						0.0			
Total Honey	lbs	0	0									
Syrup & Jams (as needed)												
corn syrup	lbs		0						0.0			
maple syrup	lbs		0						0.0			
Jams or preserves	lbs		0						0.0			
Molasses	lbs		0						0.0			
Total syrup	lbs	0	0									
Sugar (Recommended: 20%	of Majo	r Categ	ory minimu	m)								
white	lbs		0						0.0			
brown	lbs		0						0.0			
powdered	lbs		0						0.0			
Maple sugar	lbs		0						0.0			
Powdered fruit drink	lbs		0						0.0			
Flavored gelatin	lbs		0						0.0			
sugar substitutes	lbs		0						0.0			
Total sugar	lbs	0	0									
		Famil		Still	Still							
		у		Need	Need	Still						
Sweeteners - Honey, Sugar and		Total	In	for 12	for 6	Need for						
Syrup	Units	Goal	Inventory	months	months	3 months						
Grand Total	lbs	0	0	0	0	0						

0.11.0	4.1.4.	0.14										
Cooking Ca	taiysts		s, oiis, lea			1						
		Famil		#10	Units		Units	5 Gal	Units			# of
Stavene Item	Units	y	In	Stock	per #10 Can	Pouches in Stock	per Pouch	Bucket in	per 5 Gal	Other Container	Container	Containers in Stock
Storage Item			Inventory	Stock	Can	in Stock	Poucn	In	Gai	Container	Container	in Stock
Salt (Recommended: 6% of					1			1		T	1	T
Salt - all kinds	lbs	0	0						0.0			
Leaveners (Recommended:	10% of I	Major C	ategory mir	nimum)								
Yeast, active dry	lbs		0						0.0			
baking powder	lbs		0						0.0			
Baking soda	lbs		0						0.0			
Vinegar (7.75 lb/gal)	gal		0						0.0			
Total Leaveners	lbs	0	0									
Oils, fats, shortening (Reco	mmende	d: 80%	of Major Ca	ategory n	ninimum)							
vegetable oil (7.5 lbs/gal.)	gal		0						0.0			
lard	lbs		0						0.0			
sesame	lbs		0						0.0			
Mayonnaise	lbs		0						0.0			
Salad dressing (mayonnaise type)	lbs		0						0.0			
peanut butter	lbs		0						0.0			
shortening	lbs		0						0.0			
Total oils	lbs	0	0									
		Famil		Still	Still							
		v		Need	Need	Still						
Cooking Catalysts - Salts, oils,		Total	In	for 12	for 6	Need for						
leaveners	Units	Goal	Inventory	months	months	3 months						
Grand Total	lbs	0	0	0	0	0						

Sprou	iting - S	Seeds	& Supplie	s								
		Famil	_	#10	Units		Units	5 Gal	Units			# of
Stavene Item	Heite	y	In	Cans in		Pouches	per	Bucket	per 5	Other		Containers in Stock
Storage Item	Units		Inventory		Can	in Stock		in	Gal	Container	Container	III Stock
Beans, Grains & Seeds - fo		suits, u		reated or	organic	beans, gra	ins & se	eas		1	1	
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											
		Famil		Still	Still							
		у		Need	Need	Still						
		Total	In	for 12	for 6	Need for						
Sprouting - Seeds & Supplies	Units	Goal	Inventory	months	months	3 months						
Grand Total	lbs	0	0	0	0	0						

Other Church Offered Foo	od Stor	age Ite	ems and A			. Items						
		Famil		#10	Units		Units	5 Gal	Units			# of
		У	In		per #10		per	Bucket	per 5	Other		Containers
Storage Item	Units	Total	Inventory	Stock	Can	in Stock	Pouch	in	Gal	Container	Container	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									
		Famil		Still	Still							
Other Church Offered Food		У		Need	Need	Still						
Storage Items and Additional		Total	In	for 12	for 6	Need for						
Misc. Items	Units	Goal	Inventory	months	months	3 months						
Grand Total	lbs	0	0	0	0	0						

Budget

	_			aagot		
Wate	r - Eme	rgency	Supp	lies and Treatments (2 v	veeks)	
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 - drink	ing, son		ig, wasi	ing nands & face (14 gai. mii	n. 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 +					\$ -	

					(Adult					
Wheat, Other Whole Grains	, Flours	and B	eans		Total:	625	lbs	Minimu	n)	
				0	0	0				
	Family.		Deina	Still	Still	Still				Cost to
	Family Total		Price Per	12	Need for 6	Need for 3	Cost to	Cost to	Cost to Complete 3	Add 1 Mor Month o
Storage Item	Goal	Units	Unit	months	months	months	Complete 12 Month Goal	Complete 6 Month Goal	Month Goal	Storage
Wheat (Recommended: 50% of Major C	ategory									
Wheat, whole grain - all types	0	lbs	\$0.29	0	0	0	\$ -	\$ -	\$ -	\$ -
Other Whole Grains (Recommended: 1	6% of M	ajor Cate	gory		J					
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 (Re	comme	nded: 6%	of Maj	or Catego	ry					
Enriched white flour/ wheat-gluten		lbs	\$0.17							
cornmeal		lbs								
beans (from dried beans)	1	lbs								Ì
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		rv					•		
rice, white		lbs	\$0.19							
rice, wild		lbs								
rice, brown		lbs								
Total Rice	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Pasta (Recommended: 6% of Major	Catego	rv minim	um)					•		
lasagna, macaroni, spaghetti		lbs	\$0.44							
noodles, egg		lbs								
Total Pasta	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Cereals - whole grain & prepared (Rec	ommend		of Maior	Category				•		
barley, pearled		lbs		J						
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				<u> </u>			•	· ·	· ·	_
grain mill/grinder	1	1/family					\$ -			I .
Mixer	1	1/family					\$ -			
				_		_				
	L		l	Still	Still	Still				Cost to
	Family		Price	Need for	Need for	Need for	Cost to	Cost to	Cost to	Add 1 Mor
Uhant Othan Whala Custus Sterres and S	Total Goal	Units	Per Unit	12 months	6 months	3 months	Complete 12 Month Goal	Complete 6 Month Goal	Complete 3 Month Goal	Month o Storage
Wheat, Other Whole Grains, Flours and Bean			Unit							
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -

				Juagot i on						ı
					(Adult					
Legumes	;				Total:	85	lbs	Minimu	m)	
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 3 Month Goal	Cost to Add 1 More Month of Storage
Legumes - dried (Recommended: 75%	of Major		у	,	1	,		•	,	
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) (Reco	mmende	ed: 11%	of							
TVP, unflavored		lbs								
flavorings - ham/beef/chicken/vegetable		lbs								
Total TVP	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -
Legumes	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	\$ -	\$ -	\$ -	\$ -

					/ A .ll4					1
					(Adult					
Powdered Milk, Dairy Pr	oducts	, & Egg	S		Total:	200	lbs	Minimu	m)	
	Family Total		Price Per	Still Need for 12	Still Need for 6	Still Need for 3	Cost to Complete 12	Cost to Complete 6	Cost to	Cost to Add 1 More Month of
Storage Item	Goal	Units	Unit	months	months	months	Month Goal	Month Goal	Month Goal	Storage
Dairy products, dried & powdered (Re	commen				1				ı	
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		Ī			\$ -			
cheese cloth		yard		Ī			\$ -			
Rennet/ Junket tablets		tablets		Ī			\$ -			
Yogurt making items	•									
yogurt starter		Tbsp					\$ -			-
cheese cloth		yard		Ī			\$ -			
yogurt maker	1	1/family		<u> </u>			\$ -			
	Family Total		Price Per	Still Need for 12	Still Need for 6	Still Need for 3	Cost to	Cost to	Cost to	Cost to Add 1 Mor Month o
Powdered Milk, Dairy Products, & Eggs	Goal	Units	Unit	months	months	months	Month Goal	Month Goal	Month Goal	Storage
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -

					(Adult					
Sweeteners - Honey, Sugar and Syrup					Total:	100	lbs	Minimu		
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		ım)		1	1		1	1	
Honey (unfiltered, or unprocessed)		lbs							ļ	
diluted honey creamed honey		lbs lbs							ļ	
,						0	•	Φ.		•
Total Honey	0	lbs		0	0	U	\$ -	\$ -	\$ -	\$ -
Syrup & Jams (as needed)	1	11	1							
corn syrup		lbs								
maple syrup		lbs								
Jams or preserves Molasses		lbs lbs								
	0	lbs				0	\$ -	\$ -	s -	•
Total syrup				0	0	0	\$ -	\$ -	\$ -	\$ -
Sugar (Recommended: 20% of Major white	Category	lbs	\$0.38	1	1			l	1	
		lbs	φU.36							
powdered		lbs								
Maple sugar		lbs								
Powdered fruit drink		lbs	\$0.92							
Flavored gelatin		lbs	Ψ0.32							
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	\$ -	\$ -	\$ -	\$ -

					/ A duilé					
					(Adult					
Cooking Catalysts - Salts, oils, leaveners					Total:	90	lbs	Minimu	m)	
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 Cate	gory mir									
Salt - all kinds	0	lbs .	\$0.41	0	0	0	\$ -	\$ -	\$ -	\$ -
Leaveners (Recommended: 10% of Ma	or Cate		imum)		1	1		1	1	
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 I		_ ,	1	1	1		1		
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	\$ -	\$ -	\$ -	\$ -
	Family Total		Price Per	Still Need for 12	Still Need for 6	Still Need for 3	Cost to Complete 12	Cost to	Cost to	Cost to Add 1 More Month of
Cooking Catalysts - Salts, oils, leaveners	Goal	Units	Unit	months	months	months	Month Goal	Month Goal	Month Goal	Storage
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -

7/1/2004			t	Buaget For	m					
					(Adult					
Sprouting - Seeds 8	ng - Seeds & Supplies				Total:	0	lbs	Minimu		
Storage Item Beans, Grains & Seeds - for best resul	Family Total Goal	Units	Price Per Unit	12 months	Still Need for 6 months beans, gra	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
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 sp	ſ	Units					\$ -			
rubber bands		Units					\$ -			
cheese cloth		yard					\$ -			
nylon netting		yard					\$ -			
commercial sprouter		Units					\$ -			
colander or strainer		Units					\$ -			
	Family Total		Price Per	12	Still Need for 6	3	Cost to Complete 12	•	Cost to	Cost to Add 1 More Month of
Sprouting - Seeds & Supplies	Goal	Units	Unit	months	months	months	Month Goal	Month Goal	Month Goal	Storage
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -

Other Church Offered Food St	ther Church Offered Food Storage Items and Additional Misc. Items									
Storage Item	Family Total Goal	Units	Price Per Unit	Still	Still Need for 6 months	Still	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								I.		
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	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 3 Month Goal	Cost to Add 1 More Month of Storage
Grand Total	0	lbs		0	0	0	\$ -	\$ -	\$ -	\$ -