

Building Your Family Home Storage

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Where do you start? The items in column 1 are MANDATORY! After you have these minimums then add items in column 2. DO NOT go into DEBT obtaining emergency supplies!

FIRST PRIORITY

Short-Term Storage

- 3 Months of rotatable foods you use regularly
- Water – 14 gallons per person (for two weeks)
- Begin building a financial reserve.

SECOND PRIORITY

Long-Term Food Storage

(Minimum for 1 person / 1 year*)

| | |
|--------------------------------------|----------|
| Grains | 400 lbs. |
| Beans | 60 lbs. |
| Fats/Oils | 30 lbs. |
| Sugars | 60 lbs. |
| Salt | 8 lbs. |
| Powdered Milk or equivalent | 16 lbs. |
| Water filtration/purification system | |

***Minimum** recommended amounts will sustain life only. You may still be hungry. Storing these amounts will give you a daily ration for a year as follows:

400 lbs. Grains = 2 cups grain or 3 cups flour/day
60 lbs. Legumes = about 1/3 cup pinto beans/day
16 lbs. Pwd. Milk = 1/3 cup dry or 3/4 cup milk/day
10 quarts Oil = 1 3/4 Tbsp/day
60 lbs. Sugars = 1/4 cup honey or 1/3 cup sugar/day
8 lbs. salt = 1 2/3 tsp/day

THIRD PRIORITY

Items to Add Variety in Taste and Texture

Consider the following:

- Baking Powder/Soda/Cream of Tartar
- Broth/Bouillon
- Cocoa
- Cornstarch
- Egg powder
- Garlic (minced, powdered, salt)
- Onions (minced, powdered, salt)
- Pepper
- Lard
- Soy Sauce and/or Worcestershire sauce
- Spices and Flavorings – Large variety
- Tomato powder
- Vinegar
- Yeast
- Non-electric hand grinder

FOURTH PRIORITY

Items to Add Further Variety and Nutrition

A variety of long-term storable vegetables, fruits, meats, etc. (Dehydrated/Freeze Dried)

You may also want to consider obtaining hygiene/sanitation, shelter, clothing/shoes, alternative fuel and cooking methods, first-aid, tools, etc., as circumstances allow.