

# FOOD STORAGE

## WEIGHT APPROACH

1 year's supply for an adult male.

### MINIMAL ESSENTIAL FOODS

- Grains (400 lbs)
- Beans & Legumes (60 lbs)
- Milk-Dairy (16 lbs) Dry Weight
- Fats / Oils (20 lbs)
- Sugars (40-60 lbs)
- Salt (8 lbs)

For adults engaged in manual labor, multiply by 1.25-1.50  
 For an average adult female, multiply the weight by 0.75  
 Children ages 1-3, multiply by 0.3  
 Children ages 4-6, multiply by 0.5  
 Children ages >7, multiply by 0.75

## SERVING APPROACH

**NUTRITIOUS & OTHER GOOD TO HAVE FOODS**  
 Meat, Vegetables, Eggs & Butter

### Servings per #10 can

- Mashed Potatoes = 45 Servings
- Refried Beans = 20 Servings
- Green Beans = 40 Servings
- Carrots = 40 Servings
- Spinach = 45 Servings
- Butter = 204 Servings
- Eggs = 72 Servings
- Milk = 40 Servings
- Corn = 40 Servings
- Peas = 19 Servings

## DON'T KNOW WHERE TO START?

The most basic and inexpensive option is to have a year supply of rice, oats and flour (3 to 6 boxes of each) and at least 90 servings of freeze dried vegetables, per person.



[Event Recording](#)

Quantity in Family		1	1	1	1	1	Total lbs per Family Size
Food Type	Weight	Adult Male	Adult Female	Child (7 to 9 yrs)	Child (4 to 6 yrs)	Child (1 to 3 yrs)	
Grains	lbs.	400	300	300	200	120	1320
Beans & Legumes	lbs.	60	45	45	30	18	198
Milk - Dairy (Dry)	lbs.	16	12	12	8	4.8	52.8
Fats / Oils	lbs.	20	15	15	10	6	66
Sugars	lbs.	60	45	45	30	18	198
Salt	lbs.	8	6	6	4	2.4	26.4

Quantity in Family:		1		1		1		1		Total Boxes needed per Family Size
		Adult Male		Adult Female and/or Child >7 yrs		Child (4 to 6 yrs)		Child (1 to 3 yrs)		
Grains	lbs / Box (6 cans)	lbs	Boxes for 1 yr supply	lbs	Boxes for 1 yr supply	lbs	Boxes for 1 yr supply	lbs	Boxes for 1 yr supply	
Flour	24	144	6	108	5	72	3	44	2	16
Oats	14.4	87	6	66	5	44	3	27	2	16
Rice	32.4	162	5	122	4	81	3	49	2	14
		393		296		197		120		

## Home Storage Center (Bishop's Storehouse)

Oats = 162 Servings per box = 17 lbs

Quick Oats = 162 Servings per box = 15 lbs

White Rice = 324 Servings per box = 33 lbs

White Flour = 384 Servings per box = 24 lbs

These items have lower need for fuel to cook in comparison to other items such as beans, legumes, etc.



## Other Calculations

1 gallon mylar bag = 3 lbs of meat = 12 servings

Meat : 90 servings per person = 3 month supply

Vegetables: 90 servings per person = 3 month supply



[Product Info Link](#)