

The Preparedness Store & Bosch Kitchen Center

120 Northgate Mile
(inside HyWay Drugstore)
Idaho Falls, ID 83401
208-524-8300
www.thepreparednessstore.com

LONG TERM FOOD STORAGE (Basics)

This list is to be used as a **guideline** only – be sure to store the items your family will eat, not just because the items are on a list! Remember to include fun foods (desserts, snacks, comfort foods, etc...)

All measurements are **per person per year**

WHEAT – 300 lbs

RICE/CORN – 150 lbs

DRY MILK – 100 lbs

BEANS – 100 lbs

OTHER GRAIN/BEANS – 40-80 lbs (soybeans, barley, peas, rye, oats, triticale, millet, lentils, spelt, etc.)

FRUITS – 100 lbs

VEGETABLES – 75 lbs

POTATOES – 75 lbs

SUGARS – 100 lbs

SALT – 5-10 lbs

FATS/OILS – 35 lbs

FRUIT JUICES – 20 gallons

PEANUT BUTTER – 25 lbs

MEATS – 40 lbs

OATS – 25 lbs

PASTA – 25 lbs

WATER – 28 gallon minimum (two week supply – the more water you can store, the better)

VITAMINS – 365 tablets