

## Food Storage Amounts

Since no single food contains all the nutrients a person needs, it is wise to store items from each food group. Consider the circumstances of family members when deciding which foods to store. The amount of basic food a family should store depends on the age, gender, and activity of the individuals in the family. For food storage to be successful, dry-pack products need to be low in moisture (10% moisture or less), good quality, and insect free. The following products are excellent to store because of their ability to retain flavor and nutritional value.

### Suggested Amounts of Basic Foods for Home Storage\*

(Per adult for one year. This list may vary according to location.)

<b>Grains</b> (wheat, rice, corn, rolled oats, spaghetti)	400 pounds (181 kg)	72 #10 cans (wheat)
<b>Legumes</b> (dry beans, peas, lentils)	60 pounds (27 kg)	12 #10 cans (beans)
<b>Powdered Milk</b>	16 pounds (7 kg)	4 #10 cans
<b>Sugar or Honey</b>	60 pounds (27 kg)	10 #10 cans
<b>Cooking Oil</b>	10 quarts (9 liters)	
<b>Salt</b>	8 pounds (3.6 kg)	
<b>Water**</b> (2 weeks)	14 gallons (53 liters)	

\*See also *Essentials of Home Production and Storage*, 1978

\*\*It is impractical for most families to store a year's supply of water. Fourteen gallons per person is a suggested minimum reserve.