

# PREPPER'S FOOD STORAGE

**101 EASY STEPS TO AFFORDABLY STOCK  
A LIFE-SAVING SUPPLY OF FOOD**



**JULIE LANGUILLE**

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Ulysses Press

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*To Larry, my sweet husband, and Alex, Kaylah, and Matt.  
Thank you for letting me follow my heart and for your help and patience  
along the way.*

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# Introduction

HELLO AND WELCOME to *Prepper's Food Storage: 101 Easy Steps to Affordably Stock a Life-Saving Supply of Food*. Congratulations on beginning (or continuing) your journey in food storage. This book is intended to be a helpful resource for everyone, from those just beginning to consider their food storage to those who are already well underway. Preparing your family for a variety of challenging circumstances is a really good idea and I congratulate you for having the wisdom and foresight to be prepared for whatever may come.

It could be that your family will never need its long-term food storage, and I hope that is the case. But if you do find yourself in trying circumstances, your preparedness may mean the difference between life and death; and even if no hardship befalls your family, you will at the very least sleep better knowing you are prepared.

## Organization of This Book

This book is organized into 101 steps. The intent of this is to reduce what can seem like a very daunting task into a series of reasonable steps. Each step includes an item or items to store, an indicator of costs, where you might buy the item, how to store it, how long it will last, what equipment you might need to use it (such as a can opener or a grain mill), and a recipe to get you started. Most recipes are for meals to eat right away, but there are also some meal-in-a-jar recipes that enable you to prepare meals in advance and have them ready to go at a moment's notice.

In my family, when presented with a big or challenging task, we ask each other the rhetorical question, "How do you eat an elephant?" The answer is, of course, "One bite at a time!" Our hope with this book is to divide the work of creating your family food storage into easily manageable steps. Plan to complete a couple of steps per week and you will build your storage in about a year. If you are an overachiever, you can double that and have it done in half the time! Depending on your budget and the size of

your family, you may choose to divide some higher-cost items into two or three steps. That's perfectly OK. Just work on each step in the book and mark it done when it is complete.

The goal here is to figure out what you need, plan your approach, get started (sometimes the hardest step), and then just keep going. Be very intentional about your efforts. You will immediately be better prepared, and after some time of being diligent and intentional, you'll find you have the vast majority of what you need.

## How to Use This Book

The steps are ordered here in rough order of importance, from very high priority to high, medium, and low. Within each priority level, items are divided into categories to make them easier to find. Those categories are:

- Canned Goods
- Dairy (and Dairy Substitutes)
- Drinks (and Drink Mixes)
- Fats
- Pantry Staples
- Produce (Fresh and Dried)
- Sundries and Household Items
- Sweets and Sweeteners

Of course, you should adjust the plan to fit your budget, priorities, and schedule. If a trip to town finds you at Costco, we hope you'll have this book close at hand. Flip through and look for items best bought at Costco, and knock out as many as your budget and time allow.

Mark your progress as you go. It might be your plan to store 2000 lbs. of wheat, but you might choose to do that 100 lbs. at a time. Keep track of your progress as you go and mark each step as done when you have purchased as much as planned.

### COST INDICATORS (*1-year supply*)

\$	Under \$100 for family of 4
\$\$	Under \$500 for family of 4
\$\$\$	Under \$1000 for family of 4
\$\$\$\$	Over \$1000 for family of 4

## Select Your Target

Planning your food storage starts with determining what your goal is. Start with the number of people in your family, including any likely guests or visitors. In my house, I have an immediate family of four. I also have an elderly relative and extended family of four who are my neighbors, as well as an adult grown son who would arrive at my door with at least one friend in tow. It adds up fast, doesn't it? You also need to think about having a portion to share if your budget allows.

What about children? They require fewer calories than adults, except when they become teens; then their caloric needs are about the same as, or even greater than, an adult's (depending on activity level). The other factor is that though your children may be small now, your long-term food storage will last for 30 years and they will be adults in that timeframe. I count children as adults, knowing that a near-term emergency would leave me with some extra capacity (always a good thing) and that in the long run I'll still have enough food. Children do require extra milk, so plan accordingly.

Next, determine how long a period of time you'd like to store for. Start by considering the area of the country in which you reside and determine the likely natural disaster scenarios. Where I live, power outages and major storms happen almost every year and sometimes more than once a year. Earthquakes occur regularly and tsunamis are possible. What is the likelihood in your area of the country that you would be unable to rely on external resources, and how long would you like to be able to be independent? Previously I lived near the epicenter of the Northridge earthquake; we were without power and water for nearly two weeks. Now that I live in a more vulnerable area, because I live on an island and we rely on ferry service, I would consider a month would be the minimum to plan for.

What would be the maximum time to plan for? Let me take a page from my ancestors. I am part English and Swedish on my mother's side, but on my father's side, I am Native American. What did the Native Americans, who lived and worked this land before Europeans arrived, do? They grew gardens, harvested an annual harvest, and then dried their foodstuffs, plants, meat, and fish. Their goal was always to have a two-year supply of dried food on hand in case the next year's harvest failed. It's hard to imagine, isn't it? Our ancestors were likely better prepared for disaster than we are, because they had to be. This, I believe, is why we hear that little voice

inside that calls us to put up food. It is ingrained in our survival as a species. I feel that pull. Do you?

So listen to your inner voice, count the people you need to feed, figure out the likely scenarios of need from job loss to hurricane to electromagnetic pulse, consider your budget, and pick a starting target. You can always do the 101 steps again to increase your stores. So from one person for six months up to 12 people for a year—pick your starting target.

## **What to Store**

Below you will find a sample menu and a table to use as the basis for planning. This will need to be adjusted for individual families' tastes. If your family eats gluten-free or vegetarian, for example, adjustments will need to be made to store more non-gluten grains or vegetables than specified in the guidelines suggested here. If your family doesn't eat wheat, eliminate that line, but increase the amount of beans, corn, oats, or other tolerable foods to account for the same number of pounds as the wheat you are replacing. If your family won't eat beans, increase the beef, chicken, pork, and/or pasta to replace the beans you would have stored.

Food storage is most successful when you store what your family truly likes to eat. You may think that your family would eat whatever they can get their hands on in adverse circumstances, and that is probably true, but consider the impact on family morale if, on an already bad day, what they have to eat is not palatable, comforting, or delicious. If at all possible, store what your family really truly likes to eat.

*Note on "Your Storage Essentials for One Year" chart:* If you choose to store less than a year's worth of food, simply adjust your target by reducing the number of people you count for food storage. For example, if you choose to store for four people for six months, use the column for two people for a year. If you have an odd number of people to store for, round up and have enough to share.

<b>YOUR STORAGE ESSENTIALS FOR ONE YEAR</b>						
	For 1	For 2	For 4	For 6	For 8	For 12
<b>Beef</b> (3 servings/ week)	39 lbs.	78 lbs.	156 lbs.	234 lbs.	312 lbs.	468 lbs.
<b>Chicken</b> (4 servings/ week)	52 lbs.	104 lbs.	208 lbs.	312 lbs.	416 lbs.	624 lbs.
<b>Pork</b> (5 servings/ week)	65 lbs.	130 lbs.	260 lbs.	390 lbs.	520 lbs.	780 lbs.
<b>Beans</b> (5 servings/ week)	65 lbs.	130 lbs.	260 lbs.	390 lbs.	520 lbs.	780 lbs.
<b>Eggs</b> (3 servings/ week)	2 cans	4 cans	8 cans	12 cans	16 cans	24 cans
<b>Wheat</b> (14 servings/ week)	182 lbs.	364 lbs.	728 lbs.	1092 lbs.	1456 lbs.	2184 lbs.
<b>Pasta</b> (7 servings/ week)	91 lbs.	182 lbs.	364 lbs.	546 lbs.	728 lbs.	1092 lbs.
<b>Rice</b> (6 servings/ week)	78 lbs.	156 lbs.	312 lbs.	468 lbs.	624 lbs.	936 lbs.
<b>Oats</b> (2 servings/ week)	10 lbs.	20 lbs.	40 lbs.	60 lbs.	80 lbs.	120 lbs.
<b>Corn</b> (6 servings/ week)	78 lbs.	156 lbs.	312 lbs.	468 lbs.	624 lbs.	936 lbs.
<b>Vegetables</b> (14 servings/ week)	1.4 cans	2.8 cans	5.6 cans	8.4 cans	11.2 cans	16.8 cans
<b>Fruit</b> (10 servings/ week)	1 cans	2 cans	4 cans	6 cans	8 cans	12 cans
<b>Sugar</b> (16 servings/ week)	26 lbs.	52 lbs.	104 lbs.	156 lbs.	208 lbs.	312 lbs.
<b>Butter</b> (8 servings/ week)	13 lbs.	26 lbs.	52 lbs.	78 lbs.	104 lbs.	156 lbs.
<b>Oil</b>	2.5 gal.	5 gal.	10 gal.	15 gal.	20 gal.	30 gal.
<b>Salt</b>	10 lbs.	20 lbs.	40 lbs.	60 lbs.	80 lbs.	120 lbs.
<b>Milk</b>	75 gal.	150 gal.	300 gal.	450 gal.	600 gal.	900 gal.
<b>Cheese</b> (2 servings/ week)	6.5 lbs.	13 lbs.	26 lbs.	39 lbs.	52 lbs.	104 lbs.

## Sample of a Weekly Menu



<b>SUNDAY</b>	
<b>Breakfast</b>	Scrambled eggs with sausage gravy and toast
<b>Lunch</b>	Chili with cornbread and honey
<b>Dinner</b>	Chicken pot pie
<b>Dessert</b>	Apple pie
<b>Snacks</b>	Trail mix
<b>MONDAY</b>	
<b>Breakfast</b>	Granola with toasted almonds, dried apples, dried cranberries, and milk
<b>Lunch</b>	Spaghetti with mushroom marinara sauce
<b>Dinner</b>	Beef shepherd's pie
<b>Dessert</b>	Banana walnut muffins
<b>Snacks</b>	Popcorn
<b>TUESDAY</b>	
<b>Breakfast</b>	Pancakes with butter and brown sugar syrup
<b>Lunch</b>	Chicken noodle soup
<b>Dinner</b>	Pulled pork sandwiches
<b>Dessert</b>	Jam tarts
<b>Snacks</b>	Applesauce
<b>WEDNESDAY</b>	
<b>Breakfast</b>	Ham and cheese omelets with hash brown potatoes
<b>Lunch</b>	Black bean soup with quesadilla wedges
<b>Dinner</b>	Beef, vegetable, and pasta skillet dinner with garlic bread
<b>Dessert</b>	No-bake chocolate cookies
<b>Snacks</b>	Granola with dried cranberries
<b>THURSDAY</b>	
<b>Breakfast</b>	Oatmeal with raisins, brown sugar, and butter
<b>Lunch</b>	Pasta with broccoli, brown butter, and Parmesan cheese
<b>Dinner</b>	Chicken stew with biscuits
<b>Dessert</b>	Apple cobbler
<b>Snacks</b>	Apple slices with peanut butter
<b>FRIDAY</b>	
<b>Breakfast</b>	French toast with sausage
<b>Lunch</b>	Chicken salad sandwiches and peanut butter cookies
<b>Dinner</b>	Chili con carne with cornbread
<b>Dessert</b>	Peanut butter cookies
<b>Snacks</b>	Dried apples
<b>SATURDAY</b>	
<b>Breakfast</b>	Crispy cornmeal pancakes with fruit jam
<b>Lunch</b>	Southwest vegetable and bean stew
<b>Dinner</b>	Teriyaki beef stir-fry with steamed rice
<b>Dessert</b>	Chocolate cupcakes
<b>Snacks</b>	Popcorn with butter and Parmesan cheese

## **Food Type Totals for a Sample Week of Menus**

### **BREAKFASTS**

4 DAYS A WEEK: Wheat/grains (cereal, oatmeal, granola, pancakes, French toast, biscuits and sausage gravy, grits) with fruit, butter/oil/shortening, and sugar

3 DAYS A WEEK: Eggs and pork (ham, sausage, or bacon) with wheat or corn (toast, grits)

### **LUNCHESES**

3 DAYS A WEEK: Beans and grains (rice and beans, burritos, chili and cornbread, minestrone, beef barley soup, lentil soup, split pea soup) with vegetables and fruit

2 DAYS A WEEK: Chicken, vegetables, and wheat or rice (chicken noodle soup, chicken rice soup, chicken and gravy on a biscuit, chicken pot pie, chicken noodle casserole, arroz con pollo, chicken tacos, chicken fettuccine Alfredo)

2 DAYS A WEEK: Pasta and vegetables (macaroni and cheese, pasta with butter and vegetables, spaghetti with marinara sauce, pasta with peas and bacon or ham, pasta with olive oil, vegetables, and breadcrumbs)

### **DINNERS**

3 DAYS A WEEK: Beef with vegetables and rice, pasta, or grains (beef teriyaki over rice, beef stir-fry and rice, spaghetti Bolognese (meat sauce), beef stew with crusty bread, braised beef over polenta, shepherd's pie, beef and potato casserole, tacos, burritos, enchiladas, etc.)

2 DAYS A WEEK: Chicken and vegetables with rice, wheat, or corn (chicken stew, chicken pot pie, chicken and noodle casserole, chicken fettuccine Alfredo, chicken and dumplings, chicken enchiladas, etc.).

1 DAY A WEEK: Pork, vegetables, and grains (braised pork over polenta, pulled pork sandwiches, pork ribs, carnitas, pork tacos, burritos)

1 DAY A WEEK: Beans, vegetables, and grains (chili and cornbread, vegetable stew, black bean soup, barley stew, beans and rice, beans and ham, baked beans, posole, lentil stew, fried rice)

### **DAILY BREAD**

Loaf of bread, rolls, tortillas, flatbread

## **SNACKS**

Fruit, granola, popcorn

## **SWEETS**

Honey, jelly, sugared tea or coffee

## **Plan for Abundant Calories**

The recommendations in this book are intended to give you a few extra servings per week, because you don't want anyone to go hungry. Commercially sold meal kits start as low as 1100 to 1800 calories per day. My husband is 6'4" and would need almost 4000 calories to maintain his current weight if he were exercising 60 minutes per day. Only 1100 calories would be slow starvation for him. I choose to have abundant calories and also have some extra that could be shared.

## **Where to Store**

The next key step in planning your food storage is to determine where you will store your food. A cool, dry, dark place is best. Plan to set up at least two main pantries, one for items packaged to last 20 to 30 years, and another with food which should be rotated because it will only last about two years (such as canned goods and home-pressure-canned meats). I call my shorter-term pantry my "rotation pantry" because the idea is to constantly use and refill all the items contained therein. You might choose another location for meal-in-a-jar-type readymade meals.

Scout your home and surroundings for the best possible sites. Cooler is better, so basement spaces are better than attics. Consider your climate as well. An outdoor storage shed might work in temperate climates, but not in areas that get very hot in summer.

Root cellars are prevalent in some parts of the country where homes predate refrigeration. They are wonderful places to store your food and in fact they were intended for that very purpose. If your home is without a basement, or on a cement slab, you might find an under the stairs storage area, shelves in the garage, an unused bedroom closet, or under beds. You might need or choose to break up your storage into several locations, so you

would be unlikely to lose it all if a single location were compromised by flood, fire, earthquake, or other damage. Also, if you own a summer cabin, you might choose to locate some storage there for safety's sake. In urban locations where storage is limited, a climate-controlled storage facility might be a good secure choice.

The volume of food stored for a single person for a year is roughly the volume of a loaded pallet. Keep that in mind when you consider locations for your larder. The volume will vary, but 40 cubic feet per person per year is a good estimate of how much room food storage will require.

## **Supplies and Equipment**

You can buy food in ready-to-store containers such as #10 cans and vacuum-sealed pouches, but depending on the amount of food you choose to store, it may be preferable to prepare and package the food yourself. Unfortunately, you can't just store food; you have to dry it and wet- or dry-pack can it or vacuum-seal it. It won't stay safe to consume unless you prepare it carefully. If you plan to prepare and package some or all of your food yourself, you will need some of the equipment and supplies listed below.

If you are only storing a small amount of food, it might be cheaper to buy it ready to store. If you are storing for a large group for months or more, you might choose to prepare and store it yourself. The decision might come down to whether you have more time or money to spare. If you've got more time than money and are storing a large amount of food, plan to prepare and store it yourself. If you've got more money than time, you might consider simply buying your food from retailers. In either case this guide will help you determine what to store.

**GRAIN MILL** – A grain mill is a must-have if you are going to store wheat or corn. Grains mills are either manual (hand crank) or electric. I have both and we periodically practice grinding wheat into flour and corn into cornmeal. Children enjoy helping with this task and freshly ground grains taste delicious. Please plan to have at least one grain mill. If for some reason you get caught without one, you could soak wheat berries in water overnight to make a wheat berry cereal.

**FOOD DEHYDRATOR** – A food dehydrator is used to dry fresh foods for storage. Dehydrated foods can be vacuum-sealed and dry-pack canned

in #10 cans. Food dehydrators can often be found at thrift stores. (People start raw food diets, and then change their minds about that.)

**VACUUM SEALER AND VACUUM-SEALER BAGS** – Vacuum sealers are used to seal bags of food. You can usually pick one up at a thrift store. Over time you might choose to spend the money to get a more robust model to reduce food-processing time. Look for a model that has a small round port for sealing mason jars; you may also need a special attachment.

**OXYGEN ABSORBERS** – Oxygen absorbers are small moisture-absorbing packets like the silica packets you find in some products you buy. Toss an oxygen absorber into a vacuum-seal bag to absorb any residual oxygen, which shortens the storage time of foods. They can also be used in mason jars to seal a meal in a jar.

**MASON JARS, CANNING LIDS, AND RINGS** – Mason jars or canning jars are used to store water-bath canned high-acid foods such as fruits and to water-bath can low-acid foods such as meats, poultry, and vegetables.

**#10 CANS AND #10 CAN SEALER** – #10 cans store 10 to 12 cups of food and have the advantage of being rodent-, water-, puncture-, and sunlight-proof. They are also pretty inexpensive at about 85 cents per can. The LDS (Church of Jesus Christ of the Latter Day Saints) sells #10 cans at its cannery (see below).

**FOOD-GRADE BUCKETS OR BARRELS** – Many people choose to store food in food-grade buckets, sometimes with a large mylar bag (or many smaller bags) inside. Buckets are slightly less rodent-proof and lightproof than cans. When considering what containers to store in, consider how much of a given food you want to have open at one time. (It might not be preferable to have five gallons of wheat or salt open all at once.) Gamma lids (a type of screw-on resealable bucket lid) will reseal buckets, but new oxygen absorbers may be needed each time a bucket is opened, for maximum food shelf life. You may choose to store food first in vacuum or mylar bags of a smaller size and then group them in buckets. Buckets cost about \$5–\$10 dollars and gamma lids are about \$10 each. Food-grade barrels are also great for storing water.

**MYLAR BAGS** – Mylar bags are used like vacuum-sealer bags, but have the advantage of being more puncture-proof and light resistant than vacuum bags, more durable than glass jars, and also light and portable. Mylar bags can be purchased online.

**PRESSURE-CANNER** – Pressure-canners are used to wet-pack pressure-can low-acid foods such as meats, fish, and vegetables. Dry-pack canning is putting dry ingredients in a can and sealing it. Wet canning is raw-food canning. A high-acid fruit can be stored with water-bath canning, while low-acid foods are wet-pack canned in a pressure-canner. Please refer to current USDA guidelines for detailed instructions for home canning.

## **Where to Shop**

The LDS (Latter Day Saints) operates a national, not-for-profit distribution center for a limited number of foods and storage-related supplies. These LDS canneries also have #10 can sealers, which they loan out to members, or you may be able to use the can sealer on site at the cannery. To find your local LDS Home Storage Center Locations, go to [providentliving.org](http://providentliving.org).

Club stores such as Sam’s Club and Costco are great sources of food to store, letting you take advantage of the large quantities and economy of scale. Restaurant supply stores also sell large volumes of food at great prices. Big box stores such as Walmart are great places to get items at good prices. They also sometimes carry freeze-dried items and other items intended for long-term “prepper” storage.

## **Dehydrating Food**

Food can be prepared at home for long-term storage in two ways: It can be dehydrated or canned. Dehydrating food is really easy and very satisfying. Most foods can just be washed, sliced, and dried. Beef jerky is made by dehydrating, and almost every fruit or vegetable can be dehydrated easily. (Really dense vegetables such as potatoes and sweet potatoes must be peeled and par-cooked first.) Simply spread out the food over the drying racks and dehydrate for 6 to 24 hours, depending on the food, until it is completely dry.

Some drying times are listed below.

**VEGETABLE DEHYDRATING TIMES**

<b>Food</b>	<b>Preparation</b>	<b>Drying Time</b>	<b>Yield</b>
<b>Asparagus</b>	Wash and cut into 1-inch pieces	5–6 hours	5 lbs. = 1 #10 can
<b>Beets</b>	Steam or bake until tender; cool, peel, and slice or dice	8–12 hours	3 lbs. per 1 #10 can
<b>Broccoli</b>	Wash and cut into florets	10–14 hours or until brittle	3 lbs. = 1 #10 can
<b>Cabbage</b>	Wash, trim, and cut into 1/8-inch strips	7–11 hours	1 lb. = 1 #10 can
<b>Carrots</b>	Wash, peel, and slice or dice	6–10 hours	5 lbs. = 1 #10 can
<b>Celery</b>	Dice	3–10 hours	15 lbs. = 1 #10 can
<b>Corn</b>	Cook and remove from cob OR use frozen straight from the bag	12–15 hours	15 lbs. (frozen) = 1 #10 can
<b>Green Beans</b>	Wash, snap ends, cut into 1-inch pieces	8–12 hours	15 lbs. = 1 #10 can
<b>Mushrooms</b>	Wipe clean and slice (wet mushrooms discolor)	10 hours or until brittle	5 lbs. = 1 #10 can
<b>Onions</b>	Slice or dice (do these outside due to odor)	8–12 hours	15 lbs. = 1 #10 can
<b>Potato flakes</b>			1.5 lbs. = 1 #10 can
<b>Potato pearls/diced</b>	Cook, peel, and dice	8–12 hours	2 lbs. = 1 #10 can
<b>Potato shreds</b>	Dehydrate straight from frozen	8–12 hours	2 lbs. = 1 #10 can
<b>Spinach</b>	Wash and remove stem	8–12 hours	1 lb. = 1 #10 can
<b>Tomato powder</b>	Wash and slice tomatoes	12–15 hours	3.5 lbs. = 1 #10 can

<b>FRUIT DEHYDRATING TIMES</b>			
<b>Food</b>	<b>Preparation</b>	<b>Drying Time</b>	<b>Yield</b>
<b>Sliced fruit (very thin, about 1/8 inch)</b>	Peel and slice	10–12 hours	5–7 lbs. = 1 #10 can
<b>Sliced fruit (1/4 inch)</b>	Peel and slice	12–15 hours	5–7 lbs. = 1 #10 can
<b>Fruit rollup</b>	Cook and puree fruit, spread on plastic over tray	15–20 hours	3 cups of fruit will fill about 1 dehydrator tray and can be cut into about 10 snack-size strips
<b>Apples</b>	Peel and slice	12–15 hours	6.75 lbs. = 1 #10 can
<b>Blueberries</b>	Wash and dry gently	18–20 hours	7 lbs. = 1 #10 can
<b>Citrus</b>	Slice paper-thin	15–20 hours	5–6 lemons = 1 #10 can
<b>Grapes</b>	Wash	15–20 hours	5 lbs. = 1 #10 can
<b>Nectarines</b>	Peel and slice	12–15 hours	6 lbs. = 1 #10 can
<b>Peaches</b>	Peel and slice	12–15 hours	6.5 lbs. = 1 #10 can
<b>Pears</b>	Peel and slice	12–15 hours	6.75 lbs. = 1 #10 can
<b>Plums</b>	Peel and slice	12–15 hours	5 lbs. = 1 #10 can
<b>Rhubarb</b>	Slice	12–15 hours	About 5 lbs. per 1 #10 can

## **How to Pressure-Can**

There are two methods of canning: water-bath canning, which is used for high-acid foods such as fruits, tomatoes, and jams, and pressure-canning. Pressure-canning is required for low-acid foods such as meats and vegetables, but can also be used for some high-acid foods (such as fruits). Please note that this book’s directions are based on the USDA’s current recommendations for pressure-canning, but these recommendations are updated periodically. Refer to the USDA’s web site for the most current guidelines for home pressure-canning.

Pressure-canning requires the ability to read and follow directions well. Failure to do so could threaten your family’s health. Please follow all directions carefully and adhere to current USDA guidelines for proper timing and procedures. When you first start, it is a good idea to have a block of time free of distractions, such as children who might need your attention. A couple of hours should be sufficient.

### **TO BEGIN PRESSURE-CANNING:**

- 1 Choose from the available jar sizes and determine whether the food can be canned raw or must be hot packed after cooking until two-thirds done (see the table below). Place food in sterile jars leaving the required amount of head space (either 1 inch or 1-1/2 inches).
- 2 Wipe the top rims of the jars clean. Place lids and rims on and finger-tighten. Heat a few inches (about a gallon) of water in your pressure-canner until it is hot and steaming. Add the jars one at a time on top of the racks so the jars are not sitting on the bottom of the canner.
- 3 Close the canner according to manufacturer's directions. Heat the canner until it begins to steadily vent steam. Set a timer for 10 minutes and wait for the time to elapse, allowing the air to be vented from the canner.
- 4 Place the correct weight on top of the canner, wait for it to come up to the prescribed pressure, and begin timing according to the time listed for the food you are canning and the jar size you are using.
- 5 After the time has elapsed, turn the heat off and allow the canner to cool. Once they are cool enough to touch, remove the jars to a towel on the counter and allow them to cool completely.
- 6 Check the seals. If properly sealed, the jars may be stored. Refrigerate any unsuccessfully sealed jars and use as quickly as possible.

<b>PRESSURE-CANNING PROCESSING TIMES: VEGETABLES</b>			
<b>Vegetables</b>	<b>Raw or Hot</b>	<b>Pints (min. to process)</b>	<b>Quarts (min. to process)</b>
<b>Asparagus, spears or pieces</b>	Either	30	40
<b>Beans or peas, shelled and dried</b>	Hot	75	90
<b>Beans, baked beans, dry, with tomato or molasses sauce</b>	Hot	65	75
<b>Beans, fresh lima, shelled</b>	Either	40	50
<b>Beans, snap and Italian, pieces</b>	Either	20	25
<b>Beets, whole, cubed, or sliced</b>	Hot	25	30
<b>Carrots, sliced or diced</b>	Either	25	30
<b>Corn, cream style</b>	Hot	85	No
<b>Corn, whole kernel</b>	Either	55	85
<b>Mixed vegetables</b>	Hot	75	90
<b>Mushrooms, whole or sliced, hot pack (1/2 pint same as pint) NOTE: Wild mushrooms cannot be canned safely.</b>	Hot	45	No
<b>Peas, green or English, shelled</b>	Either	40	40
<b>Peppers (1/2 pint same as pint)</b>	Hot	35	No
<b>Potatoes, sweet, pieces or whole</b>	Hot	65	90
<b>Potatoes, white, cubed or whole</b>	Hot	35	40
<b>Pumpkin and winter squash, cubed</b>	Hot	55	90
<b>Spinach and other greens</b>	Hot	70	90
<b>Succotash</b>	Hot	60	85

<b>PRESSURE-CANNING PROCESSING TIMES: MEATS</b>			
<b>Proteins</b>	<b>Raw or Hot</b>	<b>Pints (min. to process)</b>	<b>Quarts (min. to process)</b>
<b>Chicken or rabbit, cut up, without bones</b>	Either	70	90
<b>Chicken or rabbit, cut up, with bones</b>	Either	65	75
<b>Ground meat</b>	Hot	75	90
<b>Chopped meat</b>	Either	75	90
<b>Strips, cubes, or chunks of meat</b>	Either	75	90
<b>Meat stock (broth)</b>	Hot	20	25
<b>Fish</b>	Raw	100	No
<b>Smoked fish</b>	Either	110	No
<b>Shrimp (cover in salted water)</b>	Either	45	No

<b>PRESSURE BY ELEVATION FOR EITHER DIAL OR WEIGHTED GAUGE PRESSURE</b>		
<b>Dial Gauge Canner</b>		<b>Weighted Gauge Canner</b>
<b>Altitude</b>	<b>Pressure</b>	
2000–4000 feet	12	Use 15 lbs. for all
4000–6000 feet	13	
6000–8000 feet	14	

Here are 101 easy steps to building your food storage. Mark your progress as you go along and remember the tortoise and the hare—steady progress wins the race. Are you ready? Let’s get started!

# 1

## WATER, FILTERS, AND POOL SHOCK

---

**PRIORITY:** *Very high*

**CATEGORY:** *Drinks*

The number-one priority in a survival scenario is a source of water. A typical person needs two quarts (eight cups or one-half gallon) of water per day for drinking. You will also need water for cooking, washing, and hygiene. I plan on at least a gallon per person per day.

If you live in a rainy climate, you can catch water from the roof and filter it for drinking. A water filter such as a Katadyn or a Berkey is very important to have on hand.

“Pool shock” (calcium hypochlorite) is a chemical used to purify swimming pool water. It is a powdered form of bleach and can be also used to purify water for drinking. Pool shock can be bought at Walmart and Home Depot, is inexpensive, and has a two-year shelf life. It is stronger than bleach, so care should be used to keep it away from children and pets, out of eyes, etc. Do not breathe the fumes from pool shock and keep it away from heat. Store at cool room temperatures.

The amount of pool shock needed to purify a gallon of water varies according to the concentration of each brand. If the recipe is not printed on the package, consult a reliable source and write it on the package for future reference. For the most common concentration, 1/2 teaspoon is added to a gallon of water and this makes a cleaning solution similar to liquid bleach and appropriate for disinfecting surfaces. Add 2-1/2 tablespoons of this liquid to a gallon of water and let sit 30 minutes. It should smell slightly of chlorine.

A pound of pool shock will purify about 10,000 gallons of drinking water. Again: Please use caution when handling, keep away from children and pets, and verify the recipe to make drinking water for your concentration.

Water purification tablets are easily portable and perfect for purifying small amounts of water. Typically a single tablet will purify 1 pint (16 oz.) of water.

# 2

## SALT

---

**PRIORITY:** *Very high*

**CATEGORY:** *Pantry staples*

Salt can be used to make every meal taste better and is also important for preserving food. It lasts forever, but needs to be kept dry.

**SHELF LIFE:** Forever

**COST:** \$ (about \$32 for a year's supply for a family of 4)

**WHERE TO BUY:** Although salt is inexpensive, it's heavy, so shipping adds up. Buy it locally at the grocery store or grab it at Costco or Walmart if you happen to be there.

**HOW TO STORE:** In #10 cans with an oxygen absorber, or vacuum-sealed in bags with an oxygen absorber, and then stored in buckets.

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** a pinch

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	10 lbs.	
2	20 lbs.	
4	40 lbs.	
6	60 lbs.	
8	80 lbs.	
12	120 lbs.	

### What to do with salt

- Make your own seasoning mixture of salt, pepper, garlic powder, onion powder, and paprika. Season all your food deliciously.
- 

**Done**

# 3

## CANNED BEANS

---

**PRIORITY:** *High* | **CATEGORY:** *Canned goods*

Canned beans are a great convenience food. Add them to soups, stews, and salads for protein, or whirl them in the blender with olive oil and garlic for a great vegetable or cracker dip. Canned beans don't require soaking overnight or a long cook time. Good choices are chili beans, baked beans, and plain canned beans (pintos, kidney beans, etc.).

**SHELF LIFE:** 2–5 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or online

**HOW TO STORE:** In your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 can; see note

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	26 (14.5-oz.) cans	
2	52 (14.5-oz.) cans	
4	104 (14.5-oz.) cans	
6	156 (14.5-oz.) cans	
8	208 (14.5-oz.) cans	
12	312 (14.5-oz.) cans	

A note on serving size: 1 (14.5-oz.) can will create 2 servings of an entrée-type bean dish or 4 servings as an ingredient in a recipe.

**Prerequisite:** Can opener(s)

### What to do with canned beans

- **Make a bean salad:** Combine cans of pintos, kidney beans, and garbanzos with vinaigrette for a bean salad. Add onion and feta cheese if desired.

- **Make a bean spread:** Mix drained canned beans in the blender with olive oil and garlic to make a bean dip. Serve with crackers or vegetables.
  - **Make refried beans:** Fry drained pinto beans in lard or vegetable shortening and mash them to make refried beans. Spread on a fried tortilla and make a tostada or bean burritos.
  - **Make a taco salad:** Combine drained canned black beans with lettuce, grated cheese, and salsa to make a taco salad.
- 

**Done**

# 4

## CANNED MEALS

---

**PRIORITY:** *High*

**CATEGORY:** *Canned goods*

Canned meals that you can just heat and eat are critical for your food storage, because they may be the first things you reach for in an emergency. I generally consider that one can will provide two servings.

We have separate items for canned soups, meats, fruits, and vegetables, so for this item we will just focus on the complete canned meals your family will eat.

**SHELF LIFE:** About 2 years

**COST:** \$\$ (\$1–\$1.50 per can, about \$260 year for a family of 4)

**WHERE TO BUY:** Walmart, Sam's Club, Costco, any grocery store

**HOW TO STORE:** In your rotation pantry, in cans or cases of cans

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 can; see note

**SEASON:** anytime

Persons 4 servings/ week	Quantity for 1 Year	Mark Off What You Have
1	52 (14.5-oz.) cans	Chili: Pasta: Stew: Other:
2	104 (14.5-oz.) cans	Chili: Pasta: Stew: Other:
4	208 (14.5-oz.) cans	Chili: Pasta: Stew: Other:
6	312 (14.5-oz.) cans	Chili: Pasta: Stew: Other:
8	416 (14.5-oz.) cans	Chili: Pasta: Stew: Other:
12	624 (14.5-oz.) cans	Chili: Pasta: Stew: Other:

A note on serving size: 1 (14.5-oz.) can will create 2 servings of an entrée.

**Prerequisite:** Can opener(s)

**What to do with canned meals**

- Just heat and eat, or serve them over rice, noodles, mashed potatoes, grits, or polenta. Mix small amounts with leftover mashed potatoes or rice, form into patties, and pan-fry into cakes.

.....

**Done**

# 5

## CANNED SOUPS

---

**PRIORITY:** *High*

**CATEGORY:** *Canned goods*

Canned soups are both a great go-to meal when you don't have time to cook and a useful ingredient for other recipes such as casseroles. I like to keep a supply of many varieties of soups around, but you can fill in your family's favorites on the chart below and keep track of what you have. Good options are chicken noodle soup, chicken rice, vegetable beef, cream of mushroom, tomato/tomato rice, and clam chowder.

**SHELF LIFE:** About 2 years

**COST:** \$\$ (about \$150–\$200 a year for a family of 4)

**WHERE TO BUY:** Walmart, Sam's Club, Costco, any grocery store

**HOW TO STORE:** In your rotation pantry, in cans or cases of cans

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 can; see note

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	26 (14.5-oz.) cans	
2	52 (14.5-oz.) cans	
4	104 (14.5-oz.) cans	
6	156 (14.5-oz.) cans	
8	208 (14.5-oz.) cans	
12	312 (14.5-oz.)cans	

A note on serving size: 1 (14.5-oz.) can will create 2 servings of an entrée

**Prerequisite:** Can opener(s)

### What to do with canned soups

- Just heat and eat, or serve them over rice, noodles, mashed potatoes, grits, or polenta.

- Combine a broth-based soup with a bit of butter and flour cooked together to thicken it into a gravy-style stew.
  - Top soup with a slice of bread topped with cheese and broil briefly (and well watched) until cheese is melted.
  - Dilute a can of cream soup with 1 can of water, add tuna or chicken and cooked pasta, and put in a baking dish. Top with grated cheese and/or buttered breadcrumbs. Bake until bubbly.
- 

**Done**

# 6

## SPAGHETTI SAUCE, TOMATOES, AND TOMATO SAUCE

---

**PRIORITY:** *High*

**CATEGORY:** *Canned goods*

We plan to serve either pizza or spaghetti once a week, and we also find a use for canned tomatoes about once a week. Store cans of spaghetti sauce that you enjoy and that come in a size correct for your family. Alternately, buy in-season tomatoes and water-bath can or pressure-can them or dehydrate them yourself.

**COST:** \$\$ (varies)

**WHERE TO BUY:** Costco, Sam's Club, Walmart, any grocery store, [Amazon.com](https://www.amazon.com)

**HOW TO STORE:** In cans or cases of cans in your rotation pantry

If you can't buy it all at once, track your progress below.

### TOMATOES

**SERVING SIZE:** about 1/4 can

**SEASON:** see note

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

### SPAGHETTI SAUCE

**SERVING SIZE:** about 1/4 can

**SEASON:** see note

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 cans	
2	26 cans	
4	52 cans	
6	78 cans	
8	104 cans	
12	156 cans	

A note on season: Any season will work if buying canned. You can also can your own. End of summer is a great time to buy local tomatoes inexpensively to can your own sauce.

## How to dehydrate tomatoes

- Wash tomatoes. To remove skin, blanch tomatoes in boiling water for about 2 minutes until skins split. Plunge into ice water to stop the cooking and peel the tomatoes once they are cool enough to handle. Core the tomatoes and slice them. (Cherry tomatoes can just be washed, halved, and dried.) Dehydrate at 120°F for 12 to 16 hours until perfectly dry. You can whirl fully dried tomatoes in the blender to create tomato powder, or you can store them in a vacuum-sealed bag with an oxygen absorber. Alternately you can dry them about halfway, and then put them in a clean jar and cover them with olive oil. Fully dried tomatoes will need to be soaked in very hot water for 15 minutes before using. Half-dried tomatoes can be stored in oil and be used without reconstituting.

## What to do with tomatoes

- **Make a skillet supper:** Add 1/2 pound cooked and drained pasta, 1 pint canned ground beef, 1 can of tomatoes, and rehydrated onion, peppers, and garlic to a skillet and bring to a simmer. Season to taste with salt, pepper, and red pepper flakes. Optionally add olives and/or cheese.

## What to do with spaghetti sauce

- Use to top cooked pasta or pizza.

---

Done

# 7

## EGGS

---

**PRIORITY:** *High*

**CATEGORY:** *Dairy*

Dried eggs come in whole eggs and egg whites. Buy whole eggs, which can be used to make scrambled eggs, omelets, and French toast or in baking in place of eggs.

**SHELF LIFE:** 5–10 years

**COST:** \$\$ (about \$264 for a year’s supply for a family of 4)

**WHERE TO BUY:** Sam’s Club or online

**SAMPLE PRICING:** Sam’s Club \$32.98 for 142 servings (2 cans), Honeyville \$58.99 for 144 servings (2 cans)

**HOW TO STORE:** Purchase already sealed in #10 cans. Store cans in a cool, dark place.

If you can’t buy it all at once, track your progress below.

**SERVING SIZE:** 2 eggs; see note

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	2 (#10) cans	
2	4 (#10) cans	
4	8 (#10) cans	
6	12 (#10) cans	
8	16 (#10) cans	
12	24 (#10) cans	

A note on serving size: 2 eggs (2 tablespoons powder + 4 tablespoons water = 1 egg; if for baking, no need to reconstitute)

### What to do with eggs

- **Make French toast:** Reconstitute 2 eggs per person in water, add an equivalent amount of milk, 1/2 teaspoon of vanilla, and a sprinkle of

cinnamon. Pan-fry in butter over medium-high heat until golden on both sides.

- **Make scrambled eggs:** Reconstitute 2 eggs per person. Add salt. Cook in a skillet over low/medium heat in butter. If desired add grated cheese, ham, onions, vegetables, or just about anything. You can also finish in the broiler to brown the top and you have a frittata. If you add cubed bread to the mix, you have strata. Eggs are a great vehicle for whatever leftovers you have on hand.

---

❑ **Done**

# 8

## MILK

---

**PRIORITY:** *High*

**CATEGORY:** *Dairy*

There are two main types of storable milk available: powdered and instant. Powdered milk may contain both dairy and soy, while instant milk is completely dairy. Powdered milk has a shelf life of five years, while instant milk's shelf life is much shorter, about six months. For this reason I prefer powdered milk over instant. Powdered milk is also more concentrated, requiring less powder to reconstitute into milk. Milk is important for children to drink and also great for cooking. Thicken milk with a roux (butter and flour) and you've got a white sauce. Add cheese and you have the basis for macaroni and cheese, and a million casseroles.

**SHELF LIFE:** 20 years

**COST:** \$\$\$ (about \$570 for a year's supply for a family of 4)

**SAMPLE PRICING:** LDS \$47.20 for 25 lbs., Sam's Club \$109.98 for \$37 lbs., Costco \$99.99 for 27 lbs., Honeyville \$70.99 for 25 lbs.

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**HOW TO STORE:** In #10 cans with oxygen absorbers

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup

**SEASON:** anytime

Persons 7 servings/ week	Quantity for 1 year	Mark Off What You Have
1	75 lbs.	
2	150 lbs.	
4	300 lbs.	
6	450 lbs.	
8	600 lbs.	
12	900 lbs.	

## What to do with powdered milk

- **Make milk, chocolate milk, or cocoa:** For each cup of milk desired, start with a cup of water and add 1/3 cup of powdered milk. Add cocoa powder and sugar to make chocolate milk. Heat it to make cocoa.
- **Make yogurt:** In a quart canning jar or other clean container, stir together 3-3/4 cups of water and 1-3/4 cups of powdered milk. Whisk in 1/4 cup of commercial yogurt with active cultures (read the label to be sure the yogurt has active cultures). Store the milk in a warm spot, between 80°F and 110°F. Allow it to sit undisturbed for 6 to 8 hours. It will become thick and creamy.
- **Make macaroni and cheese:** Cook 1 pound of macaroni or other pasta until al dente, drain and set aside. In a sauce pan mix together 1/4 cup of flour and 1/4 cup of butter, oil, or shortening and cook, stirring for about 3 minutes. In a separate container, make 3 cups of milk from 2-2/3 cups of water mixed with 2/3 cup of powdered milk. Add the milk to the butter and flour mixture and cook over medium-high heat, stirring constantly until thickened. Season with salt, and add about 3 to 4 cups of grated cheddar cheese. Combine the sauce and macaroni in a baking dish and if desired, bake until bubbly and crusty around the edges. Optionally, add diced ham or cooked broccoli or top with breadcrumbs before baking.

---

□ Done

# 9

## COCONUT OIL

---

**PRIORITY:** *High*

**CATEGORY:** *Fats*

Coconut oil is delicious and has a long shelf life. You can toss it with vegetables, use it to cook steak, or spread it on toast.

**SHELF LIFE:** 2+ years

**COST:** \$\$ (about \$200 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or online

**SAMPLE PRICING:** [Amazon.com](https://www.amazon.com) \$15 for 30 oz.

**HOW TO STORE:** In original packaging

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 tablespoon

**SEASON:** anytime

Persons 5 servings/ week	Quantity for 1 year	Mark Off What You Have
1	.5 gal.	
2	1 gal.	
4	2 gal.	
6	3 gal.	
8	4 gal.	
12	6 gal.	

### What to do with coconut oil

- Toss with hot, freshly cooked vegetables.
  - Spread on toast.
  - Use to pan-fry meat.
  - Cook pancakes ([page 37](#)).
-

**Done**

# 10

## OLIVE OIL

---

**PRIORITY:** *High*

**CATEGORY:** *Fats*

Olive oil is the healthiest of the oils you can store, with lots of monounsaturated fatty acids.

**SHELF LIFE:** Up to 4 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club or Costco

**SAMPLE PRICING:** Costco \$13 for 2 liters (about half a gallon)

**HOW TO STORE:** In original packaging in the freezer

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 tablespoon

**SEASON:** anytime

Persons 12 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 gal.	
2	2 gal.	
4	4 gal.	
6	6 gal.	
8	8 gal.	
12	12 gal.	

### What to do with olive oil

- Make hummus ([page 82](#)).
- **Make vinaigrette:** Mix 2 parts oil with 1 part vinegar or lemon juice, then add a smidge of Dijon mustard, salt, and pepper. Whisk together and use to dress vegetables.

---

Done

# 11

## VEGETABLE OIL

---

**PRIORITY:** *High*

**CATEGORY:** *Fats*

Another important oil for your food storage, vegetable oil has the highest smoke point of the oils covered in this book and is best for frying.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$75 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** Costco \$25 for 35 lbs., which is 4.375 gallons (16 ounces per lb.)

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 tablespoon

**SEASON:** anytime

Persons 12 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 gal.	
2	2 gal.	
4	4 gal.	
6	6 gal.	
8	8 gal.	
12	12 gal.	

### What to do with vegetable oil

- Make pancakes ([page 37](#)).

---

Done

# 12

## CORN

---

**PRIORITY:** *High* | **CATEGORY:** *Pantry staples*

Corn comes in two main varieties: flint and dent. Dent corn is distinguishable by a dent in the fully ripened kernel and is used for animal feed. Flint corn does not have the dented appearance and is used for popcorn and also ground into cornmeal—this is the variety to purchase for your food storage. Cornmeal can be used to make cornbread, polenta, grits, and tortillas.

**SHELF LIFE:** 30 years

**COST:** \$\$\$ (about \$530 for a year’s supply for a family of 4)

**WHERE TO BUY:** Sam’s Club, Costco, or online

**SAMPLE PRICING:** Costco for \$75 for 240 servings

**HOW TO STORE:** In #10 cans with an oxygen absorber, or vacuum-sealed in bags with an oxygen absorber, then stored in buckets. Can be bought ready to store.

If you can’t buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime; see note

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	78 lbs.	
2	156 lbs.	
4	312 lbs.	
6	468 lbs.	
8	624 lbs.	
12	936 lbs.	

A note on season: Late summer is best if you are dehydrating your own corn.

**Prerequisite:** A grain mill

## **What to do with corn**

- Grind corn to make cornmeal, grits, and polenta.
  - Make popcorn.
  - Make cornbread ([page 34](#)).
- 

**□ Done**

# 13

## CORNMEAL, GRITS, AND POLENTA

---

**PRIORITY:** *High* | **CATEGORY:** *Pantry staples*

Cornmeal, grits (white coarse-ground corn), and polenta (yellow coarse-ground corn) make amazing accompaniments to any meal. Pair cornbread with beans; serve braised beef or pork over polenta. For breakfast, stir up some cheesy grits.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$80 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or online

**SAMPLE PRICING:** Sam's Club \$41 for 38 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

### CORNMEAL

**SERVING SIZE:** 1/2 cup; see note

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

### GRITS

**SERVING SIZE:** 1/2 cup; see note

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	4 lbs.	
2	8 lbs.	
4	16 lbs.	
6	24 lbs.	
8	32 lbs.	
12	48 lbs.	

## POLENTA

**SERVING SIZE:** 1/2 cup; see note

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	4 lbs.	
2	8 lbs.	
4	16 lbs.	
6	24 lbs.	
8	32 lbs.	
12	48 lbs.	

A note on serving size: 1/2 cup of cooked cornmeal, grits, or polenta is a serving. 1/2 cup of uncooked cornmeal, grits, or polenta will yield 4 cups of cooked grains.

## What to do with cornmeal, polenta, and grits

- **Make cornbread:** Combine 1 cup flour, 1 cup cornmeal, 1 cup sugar, 1 tablespoon baking powder, 1/3 cup vegetable oil, 1 egg, 1 cup milk and 1 teaspoon salt. Bake at 350°F for 30 minutes.
  - **Make grits:** Combine 2 cups of milk and 2 cups of water and bring to a boil. Add 1 cup of grits, 1-1/2 teaspoons of salt, and 1/2 teaspoon of ground black pepper and stir well. Cook, stirring frequently for about 20 minutes. Finish with cheese and butter if desired.
  - **Make polenta:** Add 1/2 cup of polenta to 3 cups of boiling, salted water. Cook and stir until cooked through and creamy, about 15 minutes. Add butter and cheese as desired.
-

**Done**

# 14

## DRIED BEANS, PEAS, AND LENTILS

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**PRIORITY:** *High* | **CATEGORY:** *Pantry staples*

Beans and legumes are a very important component of your food storage. They are very inexpensive and have a 30-year shelf life. Beans can be bought dry in bulk bags or #10 cans, cooked and commercially canned, as well as par-cooked. The legume family also includes lentils, garbanzo beans (also called chickpeas), and split peas.

Pinto, kidney, black, garbanzo, and cannellini beans all require soaking overnight and cooking for one and a half to two hours. Be sure to change the water after soaking and before cooking to minimize flatulence. In lieu of soaking overnight, beans can be cooked for two to three hours. Lentils and split peas do not require soaking overnight and cook in 30 to 40 minutes.

Par-cooked (partially cooked or “quick cook”) beans can be purchased commercially or prepared at home. To prepare your own quick cook beans, pressure cook them in abundant water and seasonings for about nine minutes, and then dry in a dehydrator until completely dry, about 12 hours at 120°F. Par-cooked beans are wonderful for creating meals in a jar.

Beans significantly increase the nutritional value of a vegetable soup and chili is a hearty and filling meal, especially when paired with cornbread. Beans and rice are an international staple meal. Beans should be paired with a grain-based food such as rice or wheat to make a complete protein.

When planning beans for your food storage, it is worth taste-testing them with your family and deciding which beans you’d like to include. In my planning, I plan to have beans in 5 out of 21 meals per week. Adjust the quantity of beans to fit your family and also consider the proportion of each type of bean. For the purposes of this book, the breakdown of types of beans is as follows:

% of beans supply	Type of bean	Quantity for 1 year	Number of Servings
30%	pinto	20 lbs. / person	80
15%	black	10 lbs. / person	40
15%	kidney	10 lbs. / person	40
15%	white	10 lbs. / person	40
15%	lentil	10 lbs. / person	40
5%	garbanzo	4 lbs. / person	16
5%	split pea	4 lbs. / person	16

A note on serving size: 1/2 cup of uncooked beans yields 1 cup cooked beans, which is traditionally 2 entree-sized servings, but I prefer to plan more plentiful servings than the 1/2-cup standard serving. 1/2 pound of beans is about 1 cup of uncooked beans and yields 3 cups of cooked beans, which is 3 servings for the purposes of this book.

Eating beans 5 times per week, a person would consume 260 servings per year, which is 65 pounds per person, per year. This is a plentiful allotment and allows for sharing.

If you can't buy it all at once, track your progress below.

**ALL BEANS**

**SERVING SIZE:** 1 cup; see note

**SEASON:** anytime

Persons 5 servings/ week	Quantity for 1 year	Mark Off What You Have
1	65 lbs.	
2	130 lbs.	
4	260 lbs.	
6	390 lbs.	
8	520 lbs.	
12	780 lbs.	

A note on serving size: 1 cup cooked beans is 1 serving as an entree; 1/2 cup cooked beans is 1 serving as a side. 1 cup of uncooked beans weighs 1/2 pound and yields 3 cups of cooked beans.

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**Done**

# 15

## FLOUR

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

Flour is a part of your wheat allotment, but should not be the majority, because it doesn't last as long as wheat berries. Consider it a convenience food and plan to have 10 pounds per person to get you started, knowing that you can always grind more wheat into flour.

**SHELF LIFE:** 10 years

**COST:** \$ (about \$20 for a year's supply for a family of 4)

**SAMPLE PRICING:** LDS \$8.85 for 25 lbs., Sam's Club \$69.99 for 41 lbs., Costco \$72.99 for 42 lbs., Honeyville \$78.99 for 50 lbs.

**WHERE TO BUY:** LDS (preferably) or at Sam's Club, Costco, or online

**HOW TO STORE:** Vacuum-sealed in bags or in #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** varies by recipe

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	10 lbs.	
2	20 lbs.	
4	40 lbs.	
6	60 lbs.	
8	80 lbs.	
12	120 lbs.	

### What to do with flour

- **Make pancakes:** Whisk together 2 cups of flour with 2 tablespoons of sugar, 2 teaspoons of baking powder, 1/2 teaspoon of salt, 1 cup milk,

2 tablespoons of butter or oil, and 1 egg. Oil a skillet and heat over medium-high heat. Pour the mix into 4-inch puddles and cook until the batter is bubbly. Flip and cook on the other side until golden and cooked through.

- **Make biscuits:** Mix 2 cups of flour with 1 tablespoon of baking powder, 1 tablespoon of sugar, a teaspoon of salt, and 1/3 cup of shortening until the mixture looks like coarse crumbs. Add 1 cup of milk. Roll and cut into rounds or drop by big spoonfuls onto a baking sheet and bake at 425°F for 12 to 15 minutes.
- **Make tortillas:** Mix 2 cups of flour with 1 teaspoon of salt, 1/4 teaspoon of baking powder, 1/4 cup oil, and 2/3 cup of water. Knead and roll into a ball. Divide into 8 pieces. Roll each piece until 1/8 inch thick and cook one by one on a lightly greased hot griddle until spotted and cooked through.
- Make bread ([page 49](#)).

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❑ **Done**

# 16

## JIFFY MIXES

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

Jiffy mixes are fabulous for food storage, because they cost about 50 cents per box and come in lots of varieties from white, yellow, and chocolate cake to frostings, pie crust, corn muffins, and brownies. Each variety is about \$6 for a case of 12. If your local store doesn't carry them, you can order them directly from Jiffy at [jiffymix.com](http://jiffymix.com).

**SHELF LIFE:** About 2 years

**COST:** \$ (about \$50 for a year's supply for a family of 4—includes cake, frosting, corn muffins, muffins, pie crusts, and brownies)

**WHERE TO BUY:** Sam's Club, Costco, or online

**SAMPLE PRICING:** \$.50 per box, \$6 for a case of 12

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

### MUFFINS AND CORN MUFFINS

**SERVING SIZE:** 1/6 of a package

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 boxes	
2	26 boxes	
4	52 boxes	
6	52 boxes	
8	104 boxes	
12	104 boxes	

### PIE CRUST

**SERVING SIZE:** 1/6 of a package

**SEASON:** anytime

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	7 boxes	
2	13 boxes	
4	26 boxes	
6	26 boxes	
8	52 boxes	
12	52 boxes	

**CAKES, FROSTINGS, BROWNIES**

**SERVING SIZE:** 1/6 of a package

**SEASON:** anytime

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	7 boxes	Cake: Frosting: Brownies:
2	13 boxes	Cake: Frosting: Brownies:
4	26 boxes	Cake: Frosting: Brownies:
6	26 boxes	Cake: Frosting: Brownies:
8	52 boxes	Cake: Frosting: Brownies:
12	52 boxes	Cake: Frosting: Brownies:

**What to do with Jiffy mixes**

- **Make corn muffins:** Add grated cheese and/or green chiles.
- **Make brownies:** Add chocolate chips, chopped caramels, or nuts.
- Make pie ([page 119](#)), pot pie, or rustic pie ([page 54](#)).

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□ **Done**

# 17

## KIDNEY BEANS

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

Kidney beans are slightly lower in calories and slightly higher in protein than pinto beans. They are perfect for chili, because they don't fall apart and take well to spices.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$66 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or online

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup; see note

**SEASON:** anytime

Persons 3/4 serving/ week	Quantity for 1 year	Mark Off What You Have
1	10 lbs.	
2	20 lbs.	
4	40 lbs.	
6	60 lbs.	
8	80 lbs.	
12	120 lbs.	

A note on serving size: 1 cup cooked beans is 1 serving as an entree; 1/2 cup cooked beans is 1 serving as a side. 1 cup of uncooked beans weighs 1/2 pound and yields 3 cups of cooked beans.

### What to do with kidney beans

- Combine cooked kidney beans with other beans and vinaigrette to make a bean salad.

- Add cooked kidney beans to vegetables with Italian herbs and small cooked pasta to make a minestrone soup.
  - Soak kidney beans overnight, drain, and add new water. Bring to a boil, reduce to a simmer, and cook 1-1/2 to 2 hours until tender. Season and serve.
- 

**Done**

# 18

## PASTA

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**PRIORITY:** *High* | **CATEGORY:** *Pantry staples*

Pasta is counted as part of your wheat allotment. I plan on two parts wheat to one part pasta, because pasta is a great starting place for a meal. You can purchase spaghetti and also different shapes such as rigatoni, penne, etc.

**SHELF LIFE:** 30 years

**COST:** \$\$ (about \$350 a year for a family of 4)

**SAMPLE PRICING:** LDS \$23.85 for 25 lbs., Costco \$49.99 for 25 lbs.

**WHERE TO BUY:** LDS, at Costco, or online

**HOW TO STORE:** In #10 cans with an oxygen absorber, or vacuum-sealed in bags with an oxygen absorber, then stored in buckets. Can be bought ready to store.

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 7 servings/ week	Quantity for 1 year	Mark Off What You Have
1	91 lbs.	
2	182 lbs.	
4	364 lbs.	
6	546 lbs.	
8	728 lbs.	
12	7092 lbs.	

### What to do with pasta

- Bring a pot of abundantly salted water to a boil, add pasta and cook until just tender, about 5 minutes.

### Meal ideas

- Top with spaghetti sauce, with or without meat (or textured vegetable protein) and Parmesan cheese.
- Add to soup.
- Top with olive oil, garlic, salt, and red pepper flakes.
- Top with a can of chili.
- Toss with canned chopped tomatoes, olives, garlic, and red pepper flakes.
- Top with canned clams, olive oil, and garlic.
- Add dehydrated vegetables to the cooking water, cook until very tender, smash together with butter/ghee and Parmesan, and toss with pasta.
- Toss pasta with peas, diced ham, cream, and Parmesan cheese.
- Toss cooled pasta with vinaigrette, chopped salami, peas, and feta or Parmesan cheese.
- Toss with jarred Alfredo sauce, chicken, and Parmesan cheese.
- Toss very hot pasta with an egg yolk and add crumbled cooked bacon.
- Mix pasta with chopped, cooked chicken, mushroom soup, top with bread crumbs and bake.

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❑ **Done**

# 19

## PINTO BEANS

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

Pinto beans are very common, easy to cook, and wonderfully nutritious, packed with protein and healthy carbohydrates. In this book we'll plan for pinto beans to be 30% of the supply of beans, with kidney beans, white beans (great northern), black beans, and garbanzo beans making up the remainder of the bean supply.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$60 a year for a family of 4, plus \$25 for cans)

**SAMPLE PRICING:** LDS \$18.55 for 25 lbs., Sam's Club \$69.99 for 41 lbs., Costco \$72.99 for 42 lbs., Honeyville \$78.99 for 50 lbs.)

**WHERE TO BUY:** LDS (preferably) or at Sam's Club, Costco, or online

**HOW TO STORE:** Package in #10 cans with oxygen absorbers, or vacuum-seal in bags with oxygen absorbers and store in buckets

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup; see note

**SEASON:** anytime

Persons 1-1/2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	20 lbs.	
2	40 lbs.	
4	80 lbs.	
6	120 lbs.	
8	160 lbs.	
12	240 lbs.	

A note on serving size: 1 cup cooked beans is 1 serving as an entree; 1/2 cup cooked beans is 1 serving as a side. 1 cup of uncooked beans weighs

1/2 pound and yields 3 cups of cooked beans.

## **What to do with pinto beans**

- Cover beans with water and allow them to sit overnight if time allows. The next day, drain the beans and cover with water again. Bring to a boil and simmer 1 to 2 hours. Season with salt, pepper, and garlic if desired. Simmer 30 minutes more or until tender and cooked through. Serve with cornbread.
- To make refried beans, in a frying pan add lard, Crisco, or oil. Add fully cooked beans and mash slightly until warmed through. Taste for seasoning and add salt and pepper as needed. Serve with tortillas.
- **Make rice and beans:** Add nearly cooked beans to a pot with 1 part rice and 2 parts water. Bring to a boil, turn heat to low, cover, and simmer 20 minutes.

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**□ Done**

# 20

## RICE

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

Rice comes in two main varieties: brown rice and white rice. Brown rice is more nutritious but takes longer to cook and has a very short shelf life, so it is preferable to store all or mostly white rice. Store brown rice in your rotation pantry and plan to use and replace it within a year. Properly stored, white rice will last 30 years or more.

**SHELF LIFE:** White rice, 30 years; brown rice, about a year

**COST:** \$\$ (About \$150 a year for a family of 4 if purchased from the LDS, plus \$55 for cans)

**WHERE TO BUY:** LDS or at Sam's Club, Costco, or online

**HOW TO STORE:** In #10 cans with an oxygen absorber, or vacuum-sealed in bags with an oxygen absorber, then stored in buckets. Can be bought ready to store.

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup; see note

**SEASON:** anytime

Persons 6 servings/ week	Quantity Required for 1 Year	Mark Off What You Have
1	78 lbs.	
2	156 lbs.	
4	312 lbs.	
6	468 lbs.	
8	624 lbs.	
12	936 lbs.	

A note on serving size: 1 pound of rice is about 2-1/3 cups, and each cup of uncooked rice yields 3 cups of cooked rice. So 1 pound of rice yields 8 cups of cooked rice. For the purposes of meal planning for this book, plan about

1 cup of rice per person, even though the official serving size for rice is 1/2 cup.

## **What to do with white rice**

- Combine 1 part white rice with 2 parts water in a pot with lid. Bring to a boil, then reduce to a low simmer, cover, and cook 20 minutes. Optionally, add salt, butter, and/or powdered soup base at the start of cooking. Stir in cooked chopped meat or vegetables. Stir-fry with oil, vegetables, and an egg for fried rice.

## **What to do with brown rice**

- Combine 1 part brown rice with 2 parts water in a pot with lid. Bring to a boil, reduce to a low simmer, cover, and cook about 50 minutes until tender. Optionally add salt, butter, and/or powdered soup base at the start of cooking.
- **Make northwest pilaf meals in a jar:** Vacuum-seal together 1 cup of rice, 1 tablespoon of powdered chicken bouillon, and a separate baggie containing 1/4 cup each of sweetened dried cranberries and slivered almonds. To prepare, add rice, bouillon, and 2 cups of water to a pan, stir, and bring to a boil. Reduce heat to low, cover, and cook 20 minutes. Stir in fruit and nuts. Let sit 5 minutes covered and serve.

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**□ Done**

# 21

## SEEDS

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

For \$55 at Sam's Club you can buy two #10 cans filled with 13 varieties of seeds that can grow up to 4600 pounds of fresh vegetables (such as green beans, carrots, corn, and squash) and provide seeds for the next year if necessary.

**SHELF LIFE:** 30 years

**COST:** \$\$\$

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

Persons	Quantity for 1 year	Mark Off What You Have
1		
2		
4		
6		
8		
12		

---

**Done**

# 22

## SPROUTING SEEDS

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

Sprouting seeds are great for food storage. In a few days you can have a supply of fresh food and great nutrition. Try making sprouted grain bread or just eating wheatgrass. The sprouting kits from Sam's Club come with an assortment of seeds, including alfalfa, mung bean, and lentils.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$80 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club

**SAMPLE PRICING:** Sam's Club \$70 for 12 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	2 (#10) cans	
2	4 (#10) cans	
4	8 (#10) cans	
6	12 (#10) cans	
8	16 (#10) cans	
12	24 (#10) cans	

### What to do with sprouts

- Add to salads and sandwiches.
- Purée wheatgrass and drink.
- **Sprout wheat berries:** In a jar, add 1 part seeds to 2 parts water and soak overnight. The next day, drain off the liquid and place the jar in a

dark place. Rinse the berries with water at least twice a day, draining each time, and shake occasionally to prevent clumping. When the sprout tails are about twice as long as the berries, they are ready, 3 to 4 days. Don't rinse the berries the day you plan to grind them for bread.

- **Make sprouted wheat bread:** Grind the sprouts in a grain mill; they will be sticky. With wet hands, form into a loaf shape. You may also add soaked, dried fruit. Bake at 250°F until the outside of the loaf is firm but not hard and the bottom springs back when gently pressed.

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□ **Done**

# 23

## WHEAT

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

Wheat comes in three main varieties: hard red and hard or soft white. Hard wheat is best for bread, while soft white wheat is best for pastry. Hard red wheat makes a dense, dark loaf of bread. For the most palatable bread, choose hard white or a mixture of red and white.

Wheat can be ground into flour, served as wheat berries, or sprouted into wheat grass. If your family enjoys quinoa or barley, or other grains, you can substitute these for some amount of wheat.

**SHELF LIFE:** 30 years

**COST:** \$\$ (\$333 a year for a family of 4 if purchased at the LDS, plus about \$125 for cans)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** LDS \$11.45 for 25 lbs., Sam's Club \$33.98 for 40 lbs., Costco \$44.99 for 40 lbs., Honeyville \$49.99 for 50 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber, or vacuum-sealed in bags with an oxygen absorber, then stored in buckets. Can be bought ready to store.

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup; see note

**SEASON:** anytime

Persons 14 servings/ week	Quantity for 1 year	Mark Off What You Have
1	182 lbs.	
2	364 lbs.	
4	728 lbs.	
6	1092 lbs.	
8	1456 lbs.	
12	2184 lbs.	

A note on serving size: 1 serving is 1/2 cup cooked wheat; 1 cup raw wheat berries will yield 2-1/2 cups cooked.

**Prerequisite:** A grain mill

## **What to do with wheat berries**

- Grind them to make wheat flour for bread, flatbread, hardtack, or tortillas. Use as a thickener.
- Soak them overnight in 3 parts water to 1 part wheat, and then simmer them for about 50 minutes until chewy, nutty, and delicious. Add fruit and eat like you would oatmeal, or add to soups or stews as you would barley.
- Wheat berries can also be sprouted. Soak the berries in water, rinsing them and changing the water every 8 hours. They should begin sprout in 2 days and can be eaten right away or grown into wheat grass.

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**Done**

# 24

## YEAST

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**PRIORITY:** *High*

**CATEGORY:** *Pantry staples*

Yeast is needed to make bread, which makes it critically important. A pound of yeast will make about 75 loaves of bread. To calculate the amount of yeast needed, I figure one loaf of bread for four people per day. Store yeast in the freezer or refrigerator for maximum shelf life and try to use and replace it yearly.

**SHELF LIFE:** 1 year (keep it in the freezer to extend it indefinitely)

**COST:** \$ (about \$15 for a year's supply for a family of 4)

**SAMPLE PRICING:** Costco \$2.85 for 1 lb.

**WHERE TO BUY:** Costco or the grocery store

**HOW TO STORE:** In the freezer or a cool, dark place

If you can't buy it all at once, track your progress below.

## BREAD

**SERVING SIZE:** 1/4 loaf

**SEASON:** anytime

Persons 7 servings/ week	Quantity for 1 year	Mark Off What You Have
1	62 loaves	
2	183 loaves	
4	365 loaves	
6	548 loaves	
8	730 loaves	
12	1095 loaves	

## YEAST

**SERVING SIZE:** about 2 teaspoons

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	2 lbs.	
2	3 lbs.	
4	5 lbs.	
6	8 lbs.	
8	10 lbs.	
12	15 lbs.	

## What to do with yeast

- **Bake bread:** Mix 3 cups of flour with 2 teaspoons of salt and 2 teaspoons of yeast. Add 1-1/8 cups of water and mix to form a dough. If it is too wet and sticks to the bowl or keeps sticking to your hands, add a little more flour. If it is too dry and won't form into a ball, add a bit of water. Knead for 10 minutes. Cover it and set it aside to rise until it doubles in size, about 90 minutes. Punch it down and let it rise again. Shape it, either by putting it in a greased loaf pan or by rolling it out into a long loaf and putting it on the back of a cookie sheet. Bake at 375°F for 40 to 50 minutes depending on the shape. Long, narrow loaves bake faster.
- **Make rolls:** You can also form the dough into individual sandwich rolls and use them for sloppy joes or pulled pork sandwiches.
- **Make pizza crust:** Add 2 tablespoons of sugar, 1 tablespoon of yeast, 1 egg, and 1 tablespoon of oil to 1-1/4 cups of warm water. Stir to combine and let stand until foamy. Add 1-1/2 teaspoons of salt and stir into 3 cups of flour. Stir until a soft dough forms. Knead about 10 minutes, then let rise 1 hour. Roll into 4 crusts. Top with sauce, cheese, and toppings, and bake at 450°F until golden.

---

Done

# 25

## CARROTS

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**PRIORITY:** *High*

**CATEGORY:** *Produce*

Carrots are another vegetable that are part of the holy trinity of onions, carrots, and celery. They are also great as a side dish.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$65 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** LDS \$66 for 25 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/8 to 1/2 cup; see note

**SEASON:** anytime

Persons 6 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 (#10) can	
2	2 (#10) cans	
4	4 (#10) cans	
6	6 (#10) cans	
8	8 (#10) cans	
12	12 (#10) cans	

A note on serving size: Most recipes for 4 call for 1/2 to 1 cup.

### What to do with carrots

- Make chicken noodle soup ([page 57](#)).
  - Make lentil soup ([page 84](#)).
  - Make split pea soup ([page 86](#)).
-

**Done**

# 26

## CELERY

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**PRIORITY:** *High*

**CATEGORY:** *Produce*

The last of the trifecta of vegetable flavor, celery is not only great in soups and stew, but also adds crunch to chicken salad.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$64 for a year's supply for a family of 4)

**WHERE TO BUY:** Online

**SAMPLE PRICING:** Online \$16 per can

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup; see note | **SEASON:** anytime

Persons 6 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 (#10) can	
2	1 (#10) can	
4	2 (#10) cans	
6	3 (#10) cans	
8	4 (#10) cans	
12	6 (#10) cans	

A note on serving size: The 1/2 cup serving is reconstituted. 1/4 cup dehydrated celery yields about 1/2 cup reconstituted.

### What to do with celery

- Make minestrone in a jar ([page 90](#)).
- Make chili mac in a jar ([page 90](#)).

---

Done

# 27

## FALL FRUITS: APPLES AND PEARS

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**PRIORITY:** *High*

**CATEGORY:** *Produce*

Apples are great to have on hand for snacks, pies, crisps, and other delicious things. You can either buy them already dried from the LDS and dry-pack can them or vacuum-seal them, or you can make your own dried apples and pears.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** LDS \$5.70 per can

**HOW TO STORE:** In #10 cans with an oxygen absorber

Adjust the proportions and varieties of fruit according to your family's tastes.

**SERVING SIZE:** 1/2 cup; see note | **SEASON:** fall; see note

Persons 5 servings/ week	Quantity for 1 year	Mark Off What You Have
1	6 (#10) cans	
2	12 (#10) cans	
4	24 (#10) cans	
6	36 (#10) cans	
8	48 (#10) cans	
12	72 (#10) cans	

A note on serving size: The 1/2 cup serving is rehydrated. 1/4 cup dehydrated fruit yields about 1/2 cup rehydrated fruit.

A note on season: While apples and pears are available year round, fall offers the most varieties at their peak flavor.

### How to dehydrate apples and pears

- Use an apple peeler, corer, or slicer to prepare the apples. Layer on dehydrator trays and dry at 120°F for about 8 to 12 hours. Vacuum-seal in bags or jars.

## What to do with fall fruits

- Snack on them.
- **Make applesauce or pear sauce:** Rehydrate dried apples or pears in water and cook in a pot, with some sugar and cinnamon if desired.
- **Make an apple or pear crisp:** Rehydrate apples or pears in water and drain. Place in a baking dish. Mix together butter (or ghee) with sugar, brown sugar, cinnamon, and oats and crumble on top of apples. Bake at 350°F until golden and bubbly.
- **Make apple or pear butter:** Quarter 4 to 5 pounds of apples or pears. Season with cinnamon, 3 cups of sugar, and the zest and juice of 1 lemon. Cook on low heat in a pot or slow cooker until completely soft. Strain through a food mill or strainer, pressing to keep as much puree as possible while removing the peel and seeds. Return the puree to the pot or slow cooker and cook uncovered for another hour over low heat, stirring very often to prevent sticking, until smooth, brown, and thickened. Serve like jam with toast, biscuits, or pancakes. Also pairs well with pork.
- **Make a rustic pie:** Rehydrate about 4 cups of apples (or fruit of choice) in water, cover for about 30 minutes, and then drain off any excess water. Preheat the oven to 350°F. Make a pie crust using a Jiffy pie crust kit (see [page 38](#)). Roll it out and transfer to a rimmed baking sheet. Toss the fruit with 1 teaspoon of cinnamon, 1 tablespoon of flour, and 3 tablespoons of sugar. Mound the fruit in the center of the pie crust, dot with pieces of butter, and fold the edges of the crust up and over the apples. Bake for about 45 minutes or until the crust is golden brown and the fruit filling is bubbling. (For a quick-and-easy version, mound canned pie filling in the center of your pie crust and bake as directed.)

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□ Done

# 28

## ONIONS

---

**PRIORITY:** *High*

**CATEGORY:** *Produce*

Onions are a staple that goes into many recipes, often along with carrots and celery, so plan to store lots.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$35 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** LDS \$88 for 25 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 tablespoon; see note

**SEASON:** anytime

Persons 6 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 (#10) can	
2	1 (#10) can	
4	2 (#10) cans	
6	3 (#10) cans	
8	4 (#10) cans	
12	6 (#10) cans	

A note on serving size: Most recipes for 4 call for 1/4 cup.

### What to do with onions

- Make chili con carne ([page 103](#)).
  - Make cowboy stew ([page 103](#)).
  - Make tuna casserole ([page 56](#)).
-

**Done**

# 29

## CANNED TUNA

---

**PRIORITY:** *High*

**CATEGORY:** *Protein*

Canned tuna is a great source of protein and a sandwich and casserole classic.

**SHELF LIFE:** At least 3 years

**COST:** \$ (about \$91 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or online

**SAMPLE PRICING:** Sam's Club \$8.78 for 10, Costco \$18.27 for 12)

**HOW TO STORE:** In your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 3 oz.

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	26 (6-oz.) cans	
2	52 (6-oz.) cans	
4	104 (6-oz.) cans	
6	156 (6-oz.) cans	
8	208 (6-oz.) cans	
12	312 (6-oz.) cans	

### What to do with tuna

- **Make tuna melts:** Add a slice of cheese to a tuna sandwich and grill it.
- **Make a tuna casserole:** Combine 1 (14.5-oz.) can of cream of mushroom soup with 2 cans of tuna, drained, 12 oz. cooked pasta, and 1 cup grated cheese (optionally: add minced onion, sliced mushrooms, or peas). Mix together and pour into a baking dish. Top with crushed

potato chips or buttered breadcrumbs and bake in a 350°F oven until bubbly.

---

**Done**

# 30

## CHICKEN (PRESSURE-CANNED AND FREEZE-DRIED)

---

**PRIORITY:** *High*

**CATEGORY:** *Protein*

So many things “taste like chicken,” it must be the most flexible ingredient in your food storage. It can be purchased raw and home-canned or purchased freeze-dried in cans. Consider storing both.

**SHELF LIFE:** 30 years for freeze-dried, about 2 years for home-canned

**COST:** \$\$ (about \$330 for a year’s supply for a family of 4 of fresh, home-canned chicken, about \$400 for a year’s supply of freeze-dried chicken for a family of 4)

**WHERE TO BUY:** Sam’s Club, Costco, or online

**SAMPLE PRICING:** Sam’s Club \$46 for 1 can of freeze-dried chicken, Costco \$1.59 per lb. of boneless, skinless thighs or \$400 for 544 servings of freeze-dried chicken (12 cans)

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can’t buy it all at once, track your progress below.

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 4 servings/ week	Quantity for 1 year	Mark Off What You Have
1	52 lbs.	
2	104 lbs.	
4	208 lbs.	
6	312 lbs.	
8	416 lbs.	
12	624 lbs.	

### What to do with home-canned chicken

- **Make chicken noodle soup:** Add carrots, onion, celery, chicken soup base, and noodles.
- **Make chicken salad:** Chop and mix with mayonnaise, minced onion, and celery and serve on lettuce or in a sandwich.
- **Make chicken and gravy on biscuits:** Thicken the juice with a roux made of half butter/oil/shortening and half flour cooked together and add the juices from the jar and chicken stock (soup base and water) or milk. Add chopped chicken and heat through. Ladle over hot biscuits.

## How to pressure-can chicken

- Place raw chicken into sterile pint or quart jars. Cover with water to within 1 inch of the rim, add a pinch of salt, and pressure-can for 70 minutes for pints or 90 minutes for quarts.

## What to do with freeze-dried chicken

- **Make chicken soup meals in a jar:** In a quart jar add 1 cup chicken, 2 cups noodles, 3 tablespoons chicken soup base, 1/4 cup dehydrated onion, 1/4 cup dehydrated celery, 1 cup dehydrated carrots, and 2 dehydrated lemon slices. To serve add to 8 cups of water, simmer for 20 minutes, and serve, adding more water if needed. Remove lemon before serving.
- **Make chicken and rice meals in a jar:** In a quart jar add 3 tablespoons powdered milk, 1/2 teaspoon celery seed, 1/2 teaspoon herbs de Provence, 1/2 teaspoon dried rosemary, 1/2 teaspoon garlic powder, 1/4 teaspoon ground black pepper, 1 tablespoon chicken bouillon, 1/4 cup dehydrated carrots, 1/4 cup dehydrated peas, 1/4 cup dehydrated onion, 1/4 cup dehydrated celery, 1-1/2 cups minute rice, 1 cup freeze-dried chicken, and 1 cup dehydrated sliced mushrooms. Add an oxygen absorber or vacuum-seal. To serve, add 3 cups of water and simmer until rice is tender, about 15 minutes.

---

❑ Done

# 31

## HAMBURGER

---

**PRIORITY:** *High*

**CATEGORY:** *Protein*

Hamburger is a very useful ingredient to have on hand. You can use it in a variety of recipes. Purchase it in bulk when it goes on sale, brown it lightly, and then pressure-can it in pint jars.

The food plan in this book calls for serving beef three times a week and there are several choices for which type of beef to store. Hamburger is fabulous for pasta and casseroles. Freeze-dried beef is more costly but lasts longer and is perfect for dried meals in a jar. Textured vegetable protein (TVP) is a beef stretcher, costing about a third as much as beef, but is fairly indistinguishable in something like spaghetti sauce, especially when combined with real beef. Braised beef is stringy beef roast perfect for burritos and tacos, or you can thicken the broth into gravy and serve it over polenta or biscuits. Beef chunks are perfect for stew or shepherd's pie. Meatballs are awesome with spaghetti, or course, and also make wonderful sandwiches.

**SHELF LIFE:** About 2 years

**COST:** \$\$ (about \$115 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco, Sam's Club, or grocery store specials

**SAMPLE PRICING:** Costco \$2.21 per lb., Sam's Club \$2.98 per lb.

**HOW TO STORE:** Pressure-canned in pints or quarts

Decide what type(s) of beef to store depending on your preferences.

### **BEEF**

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	39 lbs.	
2	78 lbs.	
4	156 lbs.	
6	234 lbs.	
8	312 lbs.	
12	468 lbs.	

## HAMBURGER

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

## What to do with hamburger

- Add it to spaghetti sauce and serve over pasta. Optionally mix it half-and-half with TVP (see [page 111](#)).
- Mix it with macaroni and cheese.
- Toss it with cooked pasta, olive oil, garlic, Parmesan cheese, and peas.
- **Pressure-can it:** Buy a 10 lb. chub pack from Sam's Club or Costco, and in a large skillet with sides or an electric roaster, cook it in about 2 cups of water (so it poaches gently instead of getting a brown crust), breaking it up as it cooks. Cook it until well crumbled, but only about half cooked, and then ladle into sterile pint jars. Wipe the rims of the jars with a paper towel moistened with a bit of vinegar to cut the fat. Add about 1/4 teaspoon of salt to each jar and then fill to within 1 inch of the rim with hot water. Pressure-can 75 minutes for pints, 90 minutes for quarts.
- **Make "Bleep on a Shingle" (creamed beef on toast):** This is a meal my father loves from his days in the military, although it had a more

colorful, if less appetizing name. It is pure comfort food. Cook ground beef in a skillet until cooked through (reserving any canning liquid if using canned ground beef). Some fat should accumulate in the bottom of the pan, and if not add about 2 tablespoons of oil, shortening, butter, or ghee to the pan. Sprinkle in about 3 tablespoons of flour and stir it into the beef and fat. Cook for 3 or 4 minutes until bubbly. Add back any reserved liquid from the can, plus milk to make about 2 cups total. Stir well and let simmer until thickened. Season generously with salt and pepper, and serve spooned over toast or biscuits.

---

**□ Done**

# 32

## LAUNDRY DETERGENT, DISH SOAP, SPRAY CLEANER, BLEACH (UNSCENTED), AND CLEANSER

---

**PRIORITY:** *High*

**CATEGORY:** *Sundries & household*

Being able to keep clean and to disinfect surfaces is important in emergencies; it can prevent the spread of illness.

**SHELF LIFE:** 30 years

**COST:** \$\$\$

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**HOW TO STORE:** Store as packaged

If you can't buy it all at once, track your progress below.

Persons	Quantity for 1 year	Mark Off What You Have
1		Detergent: Dish soap: Bleach: Other:
2		Detergent: Dish soap: Bleach: Other:
4		Detergent: Dish soap: Bleach: Other:
6		Detergent: Dish soap: Bleach: Other:
8		Detergent: Dish soap: Bleach: Other:
12		Detergent: Dish soap: Bleach: Other:

.....

Done

# 33

## LIGHTING AND COOKING SUPPLIES

---

**PRIORITY:** *High*

**CATEGORY:** *Sundries & household*

Determine how you will light your home and cook if the power is out, and what you would need to do that. Consider what you would do in winter and in summer, and plan to have a backup method (or three). Think about flashlights, batteries, candles, matches, lighters, firewood, kindling, matches, briquettes, extra propane, camp stoves, grills, and Dutch ovens, etc.

**SHELF LIFE:** *Varies*

**COST:** *Varies*

**WHERE TO BUY:** *LDS, Sam's Club, Costco, or online*

**HOW TO STORE:** *Varies*

# 34

## PET FOOD

---

**PRIORITY:** *High (for pet lovers)*

**CATEGORY:** *Sundries & household*

Pets are family too. Be sure to lay in a large supply of pet food. The oils in dog food can go rancid over time, so store it in your rotation pantry and keep it fresh. Canned dog and cat food will last very well.

**SHELF LIFE:** 30 years

**COST:** \$\$ (varies)

**WHERE TO BUY:** Sam's Club, Costco, or Walmart

**SAMPLE PRICING:** Varies

**HOW TO STORE:** In 5-gallon buckets with an oxygen absorber

If you can't buy it all at once, track your progress below.

Animals	Quantity for 1 year	Mark Off What You Have
1		Dog food: Cat food: Bird food: Other:
2		Dog food: Cat food: Bird food: Other:
4		Dog food: Cat food: Bird food: Other:
6		Dog food: Cat food: Bird food: Other:
8		Dog food: Cat food: Bird food: Other:
12		Dog food: Cat food: Bird food: Other:

.....

Done

# 35

## SHAMPOO, SOAP, TOOTHPASTE, RAZORS, DEODORANT, AND MOUTHWASH

---

**PRIORITY:** *High*

**CATEGORY:** *Sundries & household*

Hygiene is important in emergencies; it can prevent the spread of illness.

**SHELF LIFE:** 30 years

**COST:** \$\$\$

**SAMPLE PRICING:** N/A

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

Persons	Quantity for 1 year	Mark Off What You Have
1		Shampoo: Soap: Toothpaste: Other:
2		Shampoo: Soap: Toothpaste: Other:
4		Shampoo: Soap: Toothpaste: Other:
6		Shampoo: Soap: Toothpaste: Other:
8		Shampoo: Soap: Toothpaste: Other:
12		Shampoo: Soap: Toothpaste: Other:

.....

Done

# 36

## VITAMINS, ASPIRIN, ANTACIDS, COLD MEDS, BAND-AIDS, HAND SANITIZER, AND ALCOHOL

---

**PRIORITY:** *High*

**CATEGORY:** *Sundries & household*

Vitamins are really important for your family's health and well-being, as is a well-stocked first aid kit. Store a year's worth of vitamins in your rotation pantry and replace them as they are used. Other good first aid items to store include Band-Aids, rubbing alcohol, hand sanitizer, cold medication, antacids, and Bactine.

**SHELF LIFE:** A year or more

**COST:** Varies

**WHERE TO BUY:** Sam's Club, Costco, or online

**SAMPLE PRICING:** Costco \$20 for 200 vitamins

**HOW TO STORE:** Store as packaged

If you can't buy it all at once, track your progress below.

Persons	Quantity for 1 year	Mark Off What You Have
1		Vitamins: Aspirin: Band-Aids: Rubbing alcohol: Other:
2		Vitamins: Aspirin: Band-Aids: Rubbing alcohol: Other:
4		Vitamins: Aspirin: Band-Aids: Rubbing alcohol: Other:
6		Vitamins: Aspirin: Band-Aids: Rubbing alcohol: Other:
8		Vitamins: Aspirin: Band-Aids: Rubbing alcohol: Other:
12		Vitamins: Aspirin: Band-Aids: Rubbing alcohol: Other:

## What to do with vitamins and first aid

- Take vitamins daily.

.....

Done

# 37

## HONEY

---

**PRIORITY:** *High*

**CATEGORY:** *Sweets & sweeteners*

Sugar, honey, and jam are the main types of sweeteners planned for storage. Honey has an indefinite shelf life. It can be used to treat coughs as well as wounds and burns. Honey is a natural antibacterial and is also a humectant and can be used in lotions to treat dry skin. It is also fabulous on biscuits and cornbread.

**SHELF LIFE:** Forever

**COST:** \$

**SAMPLE PRICING:** LDS \$15.05 for 25 lbs., Sam's Club \$11.19 for 25 lbs., Costco \$15.25 for 25 lbs., Honeyville \$71.99 for 50 lbs.

**WHERE TO BUY:** LDS, Sam's Club, or Costco

**HOW TO STORE:** Store honey in its original packaging

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons 2-3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	2 lbs.	
2	4 lbs.	
4	8 lbs.	
6	12 lbs.	
8	16 lbs.	
12	24 lbs.	

### What to do with honey

- Top biscuits ([page 37](#)) or cornbread ([page 34](#)).
  - Sweeten tea.
-

**Done**

# 38

## SUGAR (WHITE, BROWN, AND POWDERED)

---

**PRIORITY:** *High*

**CATEGORY:** *Sweets & sweeteners*

Sugar, honey, and jam are the main types of sweeteners planned for storage. Fortunately, sugar lasts forever. Feel free to adjust the proportions among the various sweeteners according to your family's preferences.

**SHELF LIFE:** Forever

**COST:** \$

**WHERE TO BUY:** LDS, Sam's Club, or Costco

**SAMPLE PRICING:** LDS \$15.05 for 25 lbs., Sam's Club \$11.19 for 25 lbs., Costco \$15.25 for 25 lbs., Honeyville \$71.99 for 50 lbs.

If you can't buy it all at once, track your progress below.

### ALL SUGAR

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	24 lbs.	
2	48 lbs.	
4	96 lbs.	
6	144 lbs.	
8	192 lbs.	
12	288 lbs.	

### WHITE SUGAR

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons 25 servings/ week	Quantity for 1 year	Mark Off What You Have
1	14 lbs.	
2	28 lbs.	
4	56 lbs.	
6	84 lbs.	
8	112 lbs.	
12	168 lbs.	

## BROWN SUGAR

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons 15 servings/ week	Quantity for 1 year	Mark Off What You Have
1	8 lbs.	
2	16 lbs.	
4	32 lbs.	
6	48 lbs.	
8	64 lbs.	
12	96 lbs.	

## POWDERED SUGAR

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons 4 servings/ week	Quantity for 1 year	Mark Off What You Have
1	2 lbs.	
2	4 lbs.	
4	8 lbs.	
6	12 lbs.	
8	16 lbs.	
12	24 lbs.	

## What to do with sugar

- **Bake sugar cookies:** In a bowl, mix together 1 cup butter flavor shortening and 1-1/2 cups white sugar. Beat well. Add 1 egg and 1 teaspoon vanilla extract. Add 2-3/4 cups all-purpose flour, 1 teaspoon

baking soda, and 1/2 teaspoon baking powder, and mix well. Preheat oven to 350°F. Roll heaping teaspoons of dough and place on a baking sheet 2 inches apart. Bake 8 to 10 minutes or until golden.

- **Bake a cake:** Beat together 1 cup white sugar and 1/2 cup butter flavor shortening. Add 2 eggs and 2 teaspoons vanilla extract. Mix well. Add 1-1/2 cups all-purpose flour and 1-3/4 teaspoons baking powder and mix well. Stir in 1/2 cup milk. Pour into a greased 9 x 9 pan and bake at 350°F for 30 to 40 minutes.
- **Make frosting:** Mix together 1 cup of powdered sugar, 1/4 cup of butter, and 1 tablespoon of milk. If desired, add 1 tablespoon of cocoa powder.

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❑ **Done**

# 39

## CANNED VEGETABLES

---

**PRIORITY:** *Medium*

**CATEGORY:** *Canned goods*

For your rotation pantry, make a list of any vegetables your family routinely enjoys canned and calculate about a two-year supply, and then keep your stock in rotation. This is an item you can work on little by little by buying a few extra cans each time you go to the grocery store. Good staple canned vegetables to keep on hand include green beans, corn, mushrooms, and peas.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or the grocery store

**SAMPLE PRICING:** About \$1.00–\$1.50 per can

**HOW TO STORE:** In cans in your rotation pantry

Choose the types and quantities your family will enjoy.

**SERVING SIZE:** 1/2 can

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1		Green beans: Corn: Other:
2		Green beans: Corn: Other:
4		Green beans: Corn: Other:
6		Green beans: Corn: Other:
8		Green beans: Corn: Other:
12		Green beans: Corn: Other:

### What to do with canned vegetables

- Add to soups, stews, salads, or casseroles.

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Done

# 40

## CHEESE

---

**PRIORITY:** *Medium*

**CATEGORY:** *Dairy*

Cheese can be bought commercially as cheese powder, freeze-dried cheese, or canned cheese, or you can purchase cheese and either vacuum-seal it or wax it to maximize the shelf life.

**SHELF LIFE:** 2–5 years properly stored

**COST:** \$\$ (about \$260 for a year's supply for a family of 4)

**WHERE TO BUY:** Washington State University sells canned cheese ([cougarcheese.wsu.edu](http://cougarcheese.wsu.edu)); online for powdered or freeze-dried cheese; Costco or Sam's Club for fresh cheese to wax or vacuum-seal

**SAMPLE PRICING:** Washington State University \$20 for about 2 lbs. (30 oz.)

**HOW TO STORE:** In the refrigerator in cans, or in a cool location such as a root cellar

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 oz.

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	6.5 lbs.	Powder: Freeze-dried: Canned:
2	13 lbs.	Powder: Freeze-dried: Canned:
4	26 lbs.	Powder: Freeze-dried: Canned:
6	39 lbs.	Powder: Freeze-dried: Canned:
8	52 lbs.	Powder: Freeze-dried: Canned:
12	104 lbs.	Powder: Freeze-dried: Canned:

## What to do with cheese

- Make grilled cheese sandwiches.
- **Make macaroni and cheese:** Combine 1/4 cup butter, shortening, or ghee with 1/4 cup flour, stir and cook together for 4 minutes. Add 2-1/2 cups of milk, and stir constantly until thickened. Add 4 cups of grated cheese. Combine with 1 pound of cooked macaroni and bake at 375°F until bubbly and golden.
- **Make a mock soufflé:** Butter 8 slices of bread and cut into cubes. Butter the sides and bottom of a straight-sided baking dish. Add half the bread and top with a cup of grated cheese and 2 tablespoons of Parmesan cheese. Repeat the layers and press down. In a bowl, combine 5 eggs, 2 cups of milk, 1 teaspoon of Worcestershire sauce, 1/2 teaspoon dry mustard and 1/2 teaspoon of salt and beat well. Pour over bread and cheese. Cover tightly and refrigerate at least 2 hours or overnight. Bake at 350°F for 45 to 50 minutes.

---

Done

# 41

## BUTTER AND MARGARINE

---

**PRIORITY:** *Medium*

**CATEGORY:** *Dairy*

Butter and margarine are luxury items in long-term food storage, but there are a few options. For baking I prefer butter-flavored Crisco and for making a roux to thicken a sauce, shortening or oil work equally well, but there is nothing like butter to spread on toast, pancakes, or biscuits. For real butter there are two main choices: Red Feather makes a canned butter that tastes exactly like fresh, creamy butter. Another option is ghee, a form of clarified butter that can be canned, requires no refrigeration, and lasts about a year. It is also possible to make ghee at home. I store both butter and ghee. For the purposes of this exercise, I am basing my calculations on 1/2 pound of butter/ghee for a family of 4 per week.

**SHELF LIFE:** About a year for ghee and at least 2 years for canned butter

**COST:** \$-\$\$ (ghee, about \$100 for a year's supply for a family of 4; butter, about \$295 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco or [Amazon.com](https://www.amazon.com)

**SAMPLE PRICING:** Costco \$2 per lb.

**HOW TO STORE:** Purchase already sealed. Store cans/jars in a cool dark place.

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	6.5 lbs.	Butter: Margarine: Ghee:
2	13 lbs.	Butter: Margarine: Ghee:
4	26 lbs.	Butter: Margarine: Ghee:
6	39 lbs.	Butter: Margarine: Ghee:
8	52 lbs.	Butter: Margarine: Ghee:
12	78 lbs.	Butter: Margarine: Ghee:

### What to do with butter

- Put it on toast, biscuits, pancakes, cornbread, bread, rice, noodles, popcorn, etc.

.....

Done

# 42

## COCOA

---

**PRIORITY:** *Medium*

**CATEGORY:** *Drinks*

Powdered cocoa mix is an excellent addition to your food storage.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$72 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, or Costco

**SAMPLE PRICING:** LDS \$36 for 25 lbs., Costco \$5.83 for 70 servings

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 oz.

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	6.5 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

### What to do with cocoa

- Make hot chocolate. Optionally add marshmallows, whipped cream, or cinnamon.

---

**Done**

# 43

## POWDERED DRINKS

---

**PRIORITY:** *Medium*

**CATEGORY:** *Drinks*

Powdered drinks are a welcome and convenient way to add taste and variety to your family's food storage. Tang, Kool-Aid, instant lemonade, and powdered fruit punch are enjoyed by all ages.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$72 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** Sam's Club—Kool-Aid \$6 for a 34-quart canister, Costco—Tang \$6 for 22 quarts

**HOW TO STORE:** As packaged

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 8 oz.

**SEASON:** anytime

<b>Persons 7 servings/ week</b>	<b>Quantity for 1 year</b>	<b>Mark Off What You Have</b>
1	3 canisters	Tang: Kool-Aid: Other:
2	6 canisters	Tang: Kool-Aid: Other:
4	12 canisters	Tang: Kool-Aid: Other:
6	18 canisters	Tang: Kool-Aid: Other:
8	24 canisters	Tang: Kool-Aid: Other:
12	36 canisters	Tang: Kool-Aid: Other:

## **What to do with instant drink mixes**

- Blend with fruit juice for a fruit punch.

.....

**Done**

# 44

## VEGETABLE SHORTENING

---

**PRIORITY:** *Medium*

**CATEGORY:** *Fats*

Ideally vegetable shortening should be used within two years, but depending on storage conditions, it can last much longer. Cool, dark places are best. Shortening is great for cooking and baking. I like to store regular shortening as well as butter-flavored shortening to use in baking.

**SHELF LIFE:** 2 years

**COST:** \$ (Costco \$9.13 for 6 lbs.)

**WHERE TO BUY:** Costco, Walmart, or the local grocery store

**HOW TO STORE:** Unopened in original packaging in your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** varies by recipe

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	6 lbs.	
2	12 lbs.	
4	24 lbs.	
6	36 lbs.	
8	48 lbs.	
12	52 lbs.	

### What to do with shortening

- Make biscuits ([page 37](#)).
- **Make double chocolate cookies:** Mix together 1 cup flour, 1/3 cup unsweetened cocoa powder, 1/2 teaspoon baking powder, 1/4 teaspoon baking soda, and 1/4 teaspoon salt. In a separate bowl, with a hand mixer beat together 1 cup sugar, 1/3 cup shortening, 2 teaspoons

vanilla extract, and 1 large egg. Add in flour mixture 1/3 at a time, and then stir in 1/3 cup miniature semisweet chocolate chips. Spray a cookie sheet with cooking spray and drop spoonfuls of cookie dough 2 inches apart onto prepared cookie sheet. Bake 11 to 13 minutes or until puffed in the center (just barely set). Let sit 5 minutes out of the oven and then remove and let cool.

- **Thicken a sauce:** Cook together equal parts shortening and flour (2 to 4 tablespoons of each) and stir into brothy soups to thicken into a gravy-like texture.

---

❑ **Done**

# 45

## BAKING SODA AND BAKING POWDER

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Baking soda and baking powder are key ingredients for baking. Use in muffins, cakes, biscuits, and much more.

**SHELF LIFE:** About 2 years

**COST:** \$ (about \$13 for a year's supply of both for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or the grocery store

**SAMPLE PRICING:** Costco \$4.33 for 5 lbs. baking soda, \$9 for 5 lbs. baking powder

**HOW TO STORE:** In original packaging in your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** N/A

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	1 lb.	
2	2 lbs.	
4	4 lbs.	
6	6 lbs.	
8	8 lbs.	
12	12 lbs.	

### What to do with baking soda

- **Make biscuit mix:** In a large bowl, mix together 9 cups flour, 1-1/2 cups nonfat dry milk, 1/2 cup granulated sugar, 3 teaspoons baking powder, 1 teaspoon baking soda, 3 teaspoons salt, and 2-1/4 cups vegetable shortening. Portion out into 2-1/4-cup portions. To prepare, preheat oven to 450°F. Combine mix with 2/3 cup of milk. Pat into 1-

1/2-inch-thick round. Cut into 2-inch rounds and place on a baking sheet. Bake 7 to 10 minutes or until lightly golden.

---

**Done**

# 46

## BARLEY

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**PRIORITY:** *Medium*

**CATEGORY:** *Grains*

Barley is a versatile grain that works well in soups and stew. Pearled barley (barley which has had the hull removed) requires about 35 to 40 minutes of simmering to cook but doesn't have to be pre-soaked.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$30 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** Honeyville \$55 for 50 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	4 lbs.	
2	8 lbs.	
4	16 lbs.	
6	24 lbs.	
8	32 lbs.	
12	48 lbs.	

### What to do with barley

- Add to soups.
- Add to stews, such as cowboy stew ([page 103](#)).
- **Make beef barley meals in a jar:** In a quart jar add 3/4 cup dehydrated carrots, 1/3 cup beef bouillon granules, 1/4 cup dried onion flakes, 1 cup small pasta (orzo, ditalini), 1 cup pearled barley, and 1

cup freeze-dried ground beef. Add an oxygen absorber or vacuum-seal. When ready to serve, add 12 cups of water and simmer 30 to 45 minutes.

---

**Done**

# 47

## BISQUICK

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Bisquick can be used to make biscuits, pancakes, or waffles, plus impossible pies (pies that form their own crusts while baking). Don't forget biscuits and gravy, chicken and gravy on a biscuit, and biscuit-topped pot pies. For a fabulous biscuit à la Red Lobster, add grated cheddar to the mix and brush with garlic butter when fresh out of the oven.

**SHELF LIFE:** About 2 years

**COST:** \$ (about \$48 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or online

**SAMPLE PRICING:** Costco \$6 for 96 oz. (67 servings), Sam's Club \$4.83 for 80 oz. (56 servings)

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/3 cup

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	4 (40-oz.) boxes	
2	4 (40-oz.) boxes	
4	4 (40-oz.) boxes	
6	4 (40-oz.) boxes	
8	4 (40-oz.) boxes	
12	4 (40-oz.) boxes	

### What to do with Bisquick

- Make pancakes, biscuits, waffles, or scones for breakfast.

- Make chicken and gravy ([page 57](#)) or creamed beef ([page 60](#)) over biscuits.
- Make shortcakes (add sugar to the biscuit recipe, [page 37](#)) and serve with fruit.

---

**Done**

# 48

## BLACK BEANS

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Black beans are commonly used in Latin food. They are a delicious addition to soups and salads and can also be prepared as refried beans.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$40 for a year's supply for a family of 4)

**SAMPLE PRICING:** LDS \$18.55 for 25 lbs., Sam's Club \$69 for 42 lbs., Costco \$17.88 for 25 lbs.

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup; see note

**SEASON:** anytime

Persons 3/4 serving/ week	Quantity for 1 year	Mark Off What You Have
1	10 lbs.	
2	20 lbs.	
4	40 lbs.	
6	60 lbs.	
8	80 lbs.	
12	120 lbs.	

A note on serving size: 1 cup cooked beans is 1 serving as an entree; 1/2 cup cooked beans is 1 serving as a side. 1 cup of uncooked beans weighs 1/2 pound and yields 3 cups of cooked beans.

### What to do with black beans

- **Make nachos:** Spread grated cheese and black beans over corn chips or fried tortilla triangles. Bake or broil briefly until cheese melts.

---

**Done**

# 49

## CANNELLINI BEANS

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Cannellini, or white beans, are commonly used in Italian cuisine. They are a great addition to soups and salads and are delicious when pureed with garlic and olive oil and used as a dip or spread.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$32 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Costco, or online

**SAMPLE PRICING:** LDS \$16 for 25 lbs., Honeyville \$47 for 25 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup; see note

**SEASON:** anytime

Persons 3/4 serving/ week	Quantity for 1 year	Mark Off What You Have
1	10 lbs.	
2	20 lbs.	
4	40 lbs.	
6	60 lbs.	
8	80 lbs.	
12	120 lbs.	

A note on serving size: 1 cup cooked beans is 1 serving as an entree; 1/2 cup cooked beans is 1 serving as a side. 1 cup of uncooked beans weighs 1/2 pound and yields 3 cups of cooked beans.

### What to do with white beans

- **Make an awesome dip or spread:** Puree the beans with olive oil, salt, garlic, and a splash of lemon juice.

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**Done**

# 50

## GARBANZO BEANS (CHICKPEAS)

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Chickpeas can be used in soups and stew to add protein and fiber, or pureed with garlic, tahini, and lemon to make hummus, a fabulous Middle Eastern dip and spread.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$20 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco or online

**SAMPLE PRICING:** Costco \$22.73 for 25 lbs., Honeyville \$46.99 for 25 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup; see note

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	8 lbs.	
2	16 lbs.	
4	32 lbs.	
6	48 lbs.	
8	64 lbs.	
12	96 lbs.	

A note on serving size: 1 cup cooked beans is 1 serving as an entree; 1/2 cup cooked beans is 1 serving as a side. 1 cup of uncooked beans weighs 1/2 pound and yields 3 cups of cooked beans.

### What to do with garbanzo beans

- **Make hummus:** Puree with garlic, olive oil, tahini, and lemon.

- Soak overnight, drain, replace the water, bring to a boil, reduce to a simmer, and cook 2 to 3 hours.
  - Toss cooked garbanzos in oil and season abundantly with seasoning salt. Place on a rimmed baking sheet and roast at 400°F for 30 to 40 minutes until golden and crunchy. Delicious!
- 

❑ **Done**

# 51

## HERBS AND SPICES

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

According to your family's taste, you may want to store garlic, thyme, sage, rosemary, parsley, pepper, garlic powder, onion powder, Italian seasoning, seasoned salt, Montreal steak seasoning, curry powder, paprika, red pepper flakes, taco seasoning, cinnamon, nutmeg, clove, and chili powder, etc.

**SHELF LIFE:** About 1 year for herbs and many years for seasoning salt

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club or Costco

**SAMPLE PRICING:** Sam's Club \$4.38 for 32 oz. of seasoning salt

**HOW TO STORE:** As packaged in your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	1 jar	
2	1 jar	
4	1 jar	

### What to do with seasoning salt, garlic, and onion powder

- Season meat, fish, or vegetables.

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**Done**

# 52

## LENTILS

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Lentils count as part of your supply of beans and, like beans, are filled with healthy proteins and carbohydrates. Lentils are among the quickest-cooking members of the bean and legume family; they require no pre-soaking and cook in 20 to 40 minutes, unlike beans, which must be soaked and/or cooked for hours. This makes them a great choice for lunch or for when you don't want to consume the fuel or time for a long-cooking dish.

**SHELF LIFE:** 30 years

**COST:** \$\$ (about \$250 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, online, or at the grocery store

**SAMPLE PRICING:** Sam's Club \$64.98 for 40 lbs., Costco \$74.99 for 44 lbs., Honeyville \$38.99 for 25 lbs.

**HOW TO STORE:** Package in #10 cans with oxygen absorbers, or vacuum-seal in bags with oxygen absorbers and store in buckets

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 cup; see note

**SEASON:** anytime

Persons 3/4 serving/ week	Quantity for 1 year	Mark Off What You Have
1	10 lbs.	
2	20 lbs.	
4	40 lbs.	
6	60 lbs.	
8	80 lbs.	
12	120 lbs.	

A note on serving size: 1 cup cooked lentils is 1 serving as an entree; 1/2 cup cooked lentils is 1 serving as a side. 1 cup of uncooked lentils weighs

about 1/2 pound and yields 2-1/2 to 3 cups of cooked lentils.

## **What to do with lentils**

- **Cook the lentils:** Bring 5 1/2 cups water to a boil with 1 teaspoon salt. Add 1 pound lentils, reduce heat to low, cover, and cook 20 minutes or until water is absorbed and lentils are tender.
- **Make tacos:** Substitute cooked lentils for meat in tacos.
- **Make lentil hummus:** Puree 2 cups cooked lentils with 2 teaspoons chopped garlic, 1/3 cup olive oil, 3 tablespoons tahini, and 1/4 cup lemon juice. Serve as a dip with crackers or vegetables.
- **Make lentil soup:** In a soup pot, sauté 1 cup chopped onion, 1 cup chopped carrots, and 1 cup chopped celery in 1 tablespoon olive oil until softened. Add 1 can of chicken stock, 1 cup cooked lentils, and 1 teaspoon chopped garlic. Add 2 teaspoons of red wine vinegar and season to taste with salt and pepper.

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❑ **Done**

# 53

## MACARONI AND CHEESE

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**PRIORITY:** *Medium* | **CATEGORY:** *Pantry staples*

Macaroni and cheese is an easy, family-pleasing meal. You can serve it as is for non-picky palates or add diced ham or broccoli for more discriminating tastes. You can also dress it up with grated cheese. Only buy this if your family will eat it.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$80 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or any grocery store

**SAMPLE PRICING:** Sam's Club \$10 for 12

**HOW TO STORE:** In original packaging in your rotation pantry

**SERVING SIZE:** 1/2 package

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	26 boxes	
2	52 boxes	
4	104 boxes	
6	156 boxes	
8	208 boxes	
12	312 boxes	

### What to do with macaroni and cheese

- Prepare as directed. Optionally, add ham, broccoli, peas, or grated cheese.

---

**Done**

# 54

## SPLIT PEAS

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Split peas are famous for soup and also used in Indian cuisine for a dish called dahl.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$12 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** Costco \$11.57 for 25 lbs., [Amazon.com](https://www.amazon.com) \$32 for 25 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup; see note

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	4 lbs.	
2	8 lbs.	
4	16 lbs.	
6	24 lbs.	
8	32 lbs.	
12	48 lbs.	

A note on serving size: 1/2 cup cooked is 1 serving; 1/4 cup dry split peas yields 2-1/2 cups cooked.

### What to do with split peas

- **Make split pea soup:** Sauté a cup of chopped onions and some garlic in oil until softened. Add 2 cups of carrots, 1 cup of diced potatoes, 1-1/2 teaspoons of salt, and a teaspoon of pepper. Add 8 cups of chicken stock (or 8 cups of water plus 3 tablespoons of chicken soup base or

bouillon). Add 1/2 pound of split peas (1-1/4 cups) and simmer 40 minutes. And an additional 1/2 pound of split peas and simmer another 40 minutes.

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❑ **Done**

# 55

## OATS

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**PRIORITY:** *Medium* | **CATEGORY:** *Pantry staples*

Oats are delicious for breakfast—very comforting and filling. They also make fabulous cookies and wonderful granola.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$40 for a year’s supply for a family of 4)

**SAMPLE PRICING:** LDS \$15.35 for 25 lbs., Sam’s Club \$69.99 for 41 lbs., Costco \$72.99 for 42 lbs., Honeyville \$78.99 for 50 lbs.)

**WHERE TO BUY:** LDS (preferably) or at Sam’s Club, Costco, or online

**HOW TO STORE:** In #10 cans with oxygen absorbers, or vacuum-seal in bags with oxygen absorbers and store in buckets

If you can’t buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup oats; see note

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	10 lbs.	
2	20 lbs.	
4	40 lbs.	
6	60 lbs.	
8	80 lbs.	
12	120 lbs.	

A note on serving size: 1/2 cup uncooked oats yields 1 cup oatmeal.

### What to do with oats

- **Make oatmeal:** Add 1 part rolled oats to 2 parts water, milk, or a mixture in a pot and add a pinch of salt. Bring to a boil, reduce to a simmer, and cook 5–6 minutes (until tender and creamy). If desired, add sugar and cinnamon.

- **Bake oatmeal cookies:** In a large bowl, cream together 1 cup shortening, 1 cup sugar, and 1 cup brown sugar. Add 2 eggs and 1 teaspoon vanilla extract. Stir in 2 cups flour, 1 teaspoon baking soda, 1 teaspoon salt, 1-1/2 teaspoons ground cinnamon, and then 3 cups of oats. Spray a cookie sheet with cooking spray and drop spoonfuls 2 inches apart. Bake at 375°F for 8 to 10 minutes.
- **Make granola:** In a large bowl, stir together 3 cups rolled oats, 3 tablespoons packed light brown sugar, 1/2 teaspoon ground cinnamon, 1/4 teaspoon salt, 1/3 cup honey, 1/4 cup vegetable oil, and 1 teaspoon vanilla extract. Spread on a baking sheet and toast at 300°F for 20 minutes. Remove from oven and stir in 1/2 cup small-dice dried fruit and 1/2 cup coarsely chopped raw or toasted nuts or seeds.
- **Make your own instant oatmeal packets:** Using 12 cups of rolled oats (about 2-1/2 lbs.), preheat the oven to 325°F and using a rimmed baking sheet toast the oatmeal in about 3 batches of 4 cups each for 20 minutes. For the last batch, let cool slightly and, working in batches, puree in a blender or food processor until powdery. Transfer both powdered and unpowdered oatmeal to a large bowl, add 2 tablespoons of ground cinnamon, 1 teaspoon of salt, and 1 cup of brown sugar. Stir the mixture well and then divide the mixture into about 25 vacuum bags and vacuum-seal (or store in zip-top baggies). Optionally, add 1 tablespoon of chopped dried fruit such as apples, raisins, cranberries, or toasted chopped nuts. (Adding nuts will shorten the shelf life so eat those first, or toss them in the freezer for a longer shelf life.) To prepare, add about 3/4 cup of very hot water to the contents of one packet, let sit for a minute, and stir.

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□ **Done**

# 56

## PANCAKE MIX

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Pancakes make an easy and crowd-pleasing breakfast. You can always grind flour and make them from scratch, but why not keep a reasonable supply of pancake mix on hand for convenience?

**SHELF LIFE:** About 10 years

**COST:** \$ (about \$45 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club

**SAMPLE PRICING:** Sam's Club \$45 for 31 lbs. (206 servings) in an emergency food storage bucket

**HOW TO STORE:** Sam's Club sells it in a bucket, ready for food storage

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	1 bucket	
2	1 bucket	
4	1 bucket	
6	2 buckets	
8	2 buckets	
12	3 buckets	

### What to do with pancake mix

- Make pancakes, adding fruits, nuts, and/or cocoa powder for variety
- 

**Done**

# 57

## QUICK COOK BEANS

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Quick cook or par-cooked beans have been cooked until they are almost done and then dehydrated. In the 10 to 15 minutes of simmering it takes to rehydrate them, they will be fully cooked. You can either purchase par-cooked beans or make them yourself. If you make them yourself, you can season them and they are actually quite good for snacking.

**SHELF LIFE:** 20 years

**COST:** \$ (about \$60 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco or make your own

**SAMPLE PRICING:** Costco 17 lbs. 10oz. for \$70 for red beans or \$65 for pintos, or LDS \$18.55 for 25 lbs. of uncooked dry beans

**HOW TO STORE:** In #10 cans with an oxygen absorber or vacuum-sealed in bags

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup rehydrated

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	15 lbs.	
2	30 lbs.	
4	60 lbs.	
6	90 lbs.	
8	120 lbs.	
12	180 lbs.	

### How to make quick cook beans

- Soak beans overnight in water. Drain, cover with new water, season with salt, pepper, and cumin, and simmer until tender, about 2 hours

(or pressure cook for 6 minutes). Remove from the cooking liquid with a slotted spoon. Let cool slightly and place on dehydrator trays. Dehydrate until completely dry, about 12 hours. 2 lbs. of beans will make 3 quarts of quick cook beans.

## What to do with quick cook beans

- Add to soups or stews.
- **Make minestrone in a jar:** In a quart jar combine 2/3 cup of tomato powder, 1/3 cup of dehydrated onion, 1-1/2 tablespoons of Italian seasoning, 1 teaspoon of garlic powder, and 1 tablespoon of beef bouillon or soup base. Add 1 cup of quick cook beans, 1/4 cup dehydrated onion, 1/4 cup dehydrated celery, 3/4 cup dehydrated carrots, and 3/4 cup dehydrated mushrooms. Add an oxygen absorber and close the jar or seal with a vacuum-sealer. To prepare, add ingredients to about 8 cups of water and simmer 20 minutes.
- **Make chili mac in a jar:** In a quart jar combine 2/3 cup tomato powder, 1 cup quick cook beans, 1 cup of macaroni, 1/3 cup dehydrated onion, 1/3 cup dehydrated celery, 1/3 cup dehydrated bell peppers, 1 teaspoon garlic powder, 1 teaspoon black pepper, 1 tablespoon chili powder, and 1 tablespoon beef bouillon or soup base. To prepare, add 8 cups of water and simmer 20 minutes.

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❑ Done

# 58

## QUINOA

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Quinoa is a delicious whole grain. It's got whole grain goodness, and is very satisfying and nutritious.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Online

**SAMPLE PRICING:** [Bobsredmill.com](http://Bobsredmill.com) about \$7 per lb.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	4 lbs.	
2	8 lbs.	
4	16 lbs.	
6	24 lbs.	
8	32 lbs.	
12	48 lbs.	

### What to do with quinoa

- Add it to soups and stews.
  - Cook it like rice (2 parts water to 1 part quinoa, simmer 20 minutes) and serve as a side dish.
  - **Make quinoa and vinaigrette salad:** Cook quinoa in 2 parts water to 1 part quinoa; simmer 20 minutes. Add vinaigrette, feta, cubed yams, and crispy kale.
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**Done**

# 59

## VANILLA, CINNAMON, NUTMEG, AND SYRUP

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**PRIORITY:** *Medium*

**CATEGORY:** *Pantry staples*

Vanilla, cinnamon, nutmeg, and maple syrup are important ingredients for baking. It would be sad to have a year's supply of pancakes and no syrup, like a day without sunshine.

**SHELF LIFE:** Varies

**COST:** \$\$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club or Costco

**SAMPLE PRICING:** Sam's Club \$7 for vanilla, \$5 for cinnamon, \$14 for syrup (pure), \$10 for nutmeg

**HOW TO STORE:** In original packaging in a cool, dark place

If you can't buy it all at once, track your progress below.

### VANILLA

**SERVING SIZE:** varies

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 (16-oz.) bottle	
2	2 (16-oz.) bottles	
4	4 (16-oz.) bottles	
6	6 (16-oz.) bottles	
8	8 (16-oz.) bottles	
12	12 (16-oz.) bottles	

### CINNAMON

**SERVING SIZE:** varies

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 (18-oz.) container	
2	1 (18-oz.) container	
4	2 (18-oz.) containers	
6	3 (18-oz.) containers	
8	4 (18-oz.) containers	
12	6 (18-oz.) containers	

## NUTMEG

**SERVING SIZE:** varies

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	1 (2 to 3-oz.) jar	
2	1 (2 to 3-oz.) jar	
4	1 (2 to 3-oz.) jar	
6	2 (2 to 3-oz.) jars	
8	2 (2 to 3-oz.) jars	
12	3 (2 to 3-oz.) jars	

## SYRUP

**SERVING SIZE:** varies

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 (32-oz.) bottle	
2	2 (32-oz.) bottles	
4	4 (32-oz.) bottles	
6	6 (32-oz.) bottles	
8	8 (32-oz.) bottles	
12	12 (32-oz.) bottles	

**What to do with vanilla, cinnamon, nutmeg, and syrup**

- Add to oatmeal.
- Top French toast or pancakes.
- Make cinnamon toast.
- Make pumpkin pie.

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**Done**

# 60

## BROCCOLI AND CAULIFLOWER

---

**PRIORITY:** *Medium*

**CATEGORY:** *Produce*

Broccoli and cauliflower are great vegetables to have in food storage. They can be bought commercially but are also very easy to dehydrate on your own.

**SHELF LIFE:** 30 years

**COST:** \$\$ (about \$200 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco or online

**SAMPLE PRICING:** Costco \$140 for 12 cans

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	4 (#10) cans	
2	8 (#10) cans	
4	16 (#10) cans	
6	24 (#10) cans	
8	32 (#10) cans	
12	48 (#10) cans	

### What to do with broccoli and cauliflower

- **Make cream of broccoli (or cauliflower) soup meals in a jar:** In a quart jar combine 1 cup dried onion and 4 cups dried broccoli (or cauliflower). In a baggie combine 2/3 cup dry powdered milk, 1/3 cup sour cream powder, 1/4 cup flour, 2 tablespoons chicken soup base, and 1/4 teaspoon ground nutmeg. Add the baggie on top of the ingredients in the jar. To make soup, combine broccoli and onion with

6 cups of water and simmer 30 minutes. Then stir in baggie contents. Simmer 10 minutes, stirring often, and serve.

- **Make broccoli cheddar soup:** In a quart jar combine 1/2 cup dried onion and 3 cups dried broccoli. In a baggie combine 2/3 cup dry powdered milk, 1/3 cup sour cream powder, 1/4 cup flour, 2 tablespoons chicken soup base, 1/4 teaspoon ground nutmeg, and 1 cup freeze-dried cheddar cheese. To make soup, combine broccoli and onion with 6 cups of water and simmer 30 minutes. Then stir in baggie contents. Simmer 10 minutes, stirring often, and serve.

## **How to dehydrate your own broccoli and cauliflower**

- Blanch florets for 2 minutes in boiling water. Let cool. Layer onto dehydrator tray and dehydrate about 12 hours or until completely dry.

---

**□ Done**

# 61

## KALE

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**PRIORITY:** *Medium*

**CATEGORY:** *Produce*

Ounce for ounce, kale is one of the most nutritious foods on the planet. You can grow it in your garden and dehydrate it yourself. Tossed with olive oil and salt and then dehydrated, kale is so delicious it's almost addictive.

**SHELF LIFE:** 6 months to a year

**COST:** \$ (about \$48 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco, the farmer's market, or grow your own

**SAMPLE PRICING:** [Amazon.com](https://www.amazon.com) fresh (frozen) \$1.89 per lb.

**HOW TO STORE:** Dehydrate and store in #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 oz. dehydrated

**SEASON:** summer

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	2 (#10) cans	
2	4 (#10) cans	
4	8 (#10) cans	
6	12 (#10) cans	
8	16 (#10) cans	
12	24 (#10) cans	

### What to do with kale

- Toss with olive oil and sea salt and dehydrate at 120°F for 8 to 12 hours until crispy.
  - Snack on kale any time or use it as a crispy topper for salads.
-

**Done**

# 62

## POTATO SHREDS, FLAKES, AND CUBES

---

**PRIORITY:** *Medium*

**CATEGORY:** *Produce*

Potato is an inexpensive ingredient to store that adds stick-to-your-ribs substance to meals. You can add it to soups and stews, and just about anything tastes good served over mashed potatoes. Potato flakes reconstitute into mashed potatoes. Shreds are used to make hash browns or potato pancakes. Cubes are perfect for stews and soups.

**SHELF LIFE:** 30 years

**COST:** \$\$ (about \$200 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** LDS \$33 for 25 lbs., Sam's Club \$10 per can, Costco \$15 per can

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup; see note

**SEASON:** anytime

Persons 4 servings/ week	Quantity for 1 year	Mark Off What You Have
1	5 (#10) cans	
2	10 (#10) cans	
4	20 (#10) cans	
6	30 (#10) cans	
8	40 (#10) cans	
12	60 (#10) cans	

A note on serving size: One serving is 1/2 reconstituted potatoes. 1/4 cup dehydrated yields 1/2 cup reconstituted.

### What to do with potatoes

- **Make hash browned potatoes:** Rehydrate potato shreds in water and drain. Cook in a skillet in oil over medium-high heat.
  - Make cowboy stew meals in a jar ([page 103](#)).
  - **Make scalloped potatoes meals in a jar:** In a quart jar add 3 cups dehydrated potatoes, 1/4 cup dehydrated bell peppers, 1/2 cup nonfat dry milk, 3 tablespoons dry butter powder, 2 tablespoons dehydrated onions, 2 tablespoons corn starch, 3 tablespoons finely grated Parmesan cheese, and 1 tablespoon chicken bouillon or soup base. Add an oxygen absorber or vacuum-seal the jar. When ready to eat, mix contents with 2-3/4 cups of water. Place in a baking dish and bake at 350°F for about 45 minutes.
- 

❑ **Done**

# 63

## RAISINS, DRIED CRANBERRIES, DATES, AND DRIED CHERRIES

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**PRIORITY:** *Medium*

**CATEGORY:** *Produce*

Commercially available dried fruits are a great addition to your food storage. They come ready to vacuum-seal and store and last a long time. They are great for snacking, in baked goods or in salads.

**SHELF LIFE:** 2–5 years

**COST:** \$\$ (about \$120 for a year’s supply for a family of 4)

**WHERE TO BUY:** LDS, Sam’s Club, Costco, or online

**SAMPLE PRICING:** Sam’s Club \$1.50 per lb.

**HOW TO STORE:** Vacuum-seal in bags

Adjust the proportions and varieties of fruit according to your family’s tastes.

### RAISINS

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	6.5 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

### CRANBERRIES

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	6.5 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

## CHERRIES

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	6.5 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

## What to do with dried cherries, dried cranberries, dates, and raisins

- Add to salads.
- Add to quinoa and vinaigrette salad ([page 92](#)).
- Add to northwest pilaf ([page 44](#)).
- Add to oatmeal or wheat berry cereal.

---

**Done**

# 64

## BRAISED BEEF

---

**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Braised beef is simply delicious. You can thicken the juices to form a sauce and serve over potatoes, rice, or polenta. Or shred the beef and make BBQ beef sandwiches, tacos, or burritos.

**SHELF LIFE:** About 2 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco

**SAMPLE PRICING:** Costco, about \$2.25 per lb.

**HOW TO STORE:** Pressure-canned in pint jars

Decide the type(s) of beef to store depending on your preferences.

**SERVING SIZE:** 1/4 lb.

**SEASON:** anytime

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	7 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

### What to do with braised beef

- **Make tacos:** Shred the beef, season it generously with seasoning salt or taco seasoning, and serve in tortillas.
- **Make sandwiches:** Shred the beef, mix it with BBQ sauce, and serve warm in buns.

- **Make braised beef over polenta:** Make a batch of polenta, thicken the beef juices with 1/2 tablespoon of butter/oil/ghee and 1/2 tablespoon of flour. Cook together until thickened. Serve warmed beef and sauce over polenta.
  - **To pressure-can braised beef:** Cut beef roast into large chunks and brown the outsides all around. Place into sterile pint (preferably) or quart jars. Cover with water to within 1 inch of the rim, add a pinch of salt, and pressure-can for 75 minutes for pints or 90 minutes for quarts.
- 

❑ **Done**

# 65

## BEEF CHUNKS

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Beef chunks are basically beef stew meat. This type of beef can be pressure-canned from raw meat at home or it can be purchased freeze-dried.

**SHELF LIFE:** 30 years for freeze-dried, 2 years for pressure-canned

**COST:** \$-\$\$\$ (about \$688 for a year's supply of freeze-dried for a family of 4)

**WHERE TO BUY:** Sam's Club or online

**SAMPLE PRICING:** Sam's Club \$43 per can (13 servings) or Costco \$2.25 per lb. for brisket

**HOW TO STORE:** Freeze-dried, store as purchased, in #10 cans with an oxygen absorber; or pressure-can fresh beef in pint or quart jars.

Decide the type(s) of beef to store depending on your preferences.

**SERVING SIZE:** 1/4 lb.

**SEASON:** anytime

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	7 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

### What to do with beef chunks

- **Make beef stew:** Add beef and juices (if using canned beef) to carrots, potatoes, peas, beef soup base, and water. Simmer and serve.
- **Make tacos:** Season beef with taco seasoning and serve in tortillas.

- **Make shepherd's pie:** Make a beef stew as above, top with mashed potatoes, and bake until heated through and lightly golden.
- **Make a skillet supper:** Mix beef with cooked pasta and canned tomatoes, season well, and top with Parmesan cheese.

## **How to pressure-can beef chunks**

- Cut beef roast, such as brisket or any cut on sale, into small chunks and brown the outsides briefly. Place into a sterile pint (preferably) or quart jars. Cover with water to within 1 inch of the rim; add a pinch of salt and pressure-can for 75 minutes for pints or 90 minutes for quarts.

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**Done**

# 66

## CANNED SALMON

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Canned salmon is a nutritional powerhouse with healthy omega-3 fatty acids and abundant protein. Salmon can be substituted for tuna in any preparation.

**SHELF LIFE:** At least 5 years

**COST:** \$\$ (about \$156 for a year's supply for a family of 4)

**WHERE TO BUY:** Grocery store, Costco

**HOW TO STORE:** In your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 3 oz.

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	26 (6-oz.) cans	
2	52 (6-oz.) cans	
4	104 (6-oz.) cans	
6	156 (6-oz.) cans	
8	208 (6-oz.) cans	
12	312 (6-oz.) cans	

### What to do with canned salmon

- **Make salmon cakes:** Sauté 1/4 cup minced onion in oil until soft. Let cool. In a bowl mix together 2 (6-oz.) can salmon, flaked, the sautéed onion, 1 egg (beaten), and 3/4 cup crushed saltines. Form into patties and pan-fry in oil. Mix together 3 parts mayonnaise with 1 part mustard and add a bit of lemon juice to serve as a dipping sauce. Optionally, add minced bell pepper in with the onions at the sauté step.

- **Make salmon frittata:** Beat together 6 eggs. Add 1/4 cup minced onion, 1 cup grated cheese, and 1 (6-oz.) can of salmon, flaked. Add to a medium skillet and cook until set on the bottom. Either flip and cook on the other side or finish in a hot oven until set on top.
  - **Make salmon pasta:** Toss together 12 oz. pasta, cooked, 2 tablespoons of ghee, 2 (6-oz.) cans of salmon, flaked, and 1/3 cup of peas. Season with salt to taste and top with Parmesan cheese.
- 

❑ **Done**

# 67

## **FREEZE-DRIED BEEF**

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Freeze-dried beef is wonderful to have in your food storage. It has a very long shelf life and rehydrates well. Buy an extra can or two and make meals in a jar to have in your pantry.

**SHELF LIFE:** 25 years

**COST:** \$ (about \$85 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco

**SAMPLE PRICING:** Sam's Club \$87 for 2 cans (26 servings), Costco \$216 for 266 servings

**HOW TO STORE:** As purchased (cans or pouches)

Decide the type(s) of beef to store depending on your preferences.

**SERVING SIZE:** 1/4 cup

**SEASON:** anytime

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	7 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

### **What to do with freeze-dried beef**

- Make chili mac meals in a jar ([page 90](#)).
- **Make chili con carne meals in a jar:** To a quart jar add 1 cup quick cook beans to 1/2 cup tomato powder and shake well. Add 1 cup ground beef, 1/4 cup freeze-dried onion, 1/2 cup freeze-dried bell

peppers, 1/2 cup freeze-dried tomatoes, 1/4 cup freeze-dried celery, 1 tablespoon chili powder, 1 teaspoon garlic powder, and 1 tablespoon beef bouillon.

- **Make cowboy stew meals in a jar:** In a bowl, mix together 1 cup quick cook beans, 1 cup dried carrots, 1 cup freeze-dried ground beef or beef-flavored TVP, 1 cup dehydrated diced potatoes, 1/4 cup dehydrated onion, 1/2 cup tomato powder, 1 teaspoon thyme, 1 teaspoon garlic powder, 1/4 cup flour, and 1 tablespoon beef bouillon. Mix well and, using a canning funnel, pour into a quart jar. To serve, add contents to 6 cups of water, simmer 20 to 30 minutes, and serve.

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**Done**

# 68

## HAM

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Ham is a delicious and very versatile ingredient—it works for breakfast, lunch, or dinner. Ham can be pressure-canned at home or purchased freeze-dried in small dice. It is also possible to make ham jerky. Ham tends to go on sale around Easter. Buy several on sale and pressure-can them.

**SHELF LIFE:** 30 years for freeze-dried, 2 years for canned

**COST:** \$\$\$ (about \$624 for a year's supply for a family of 4, or \$477 for 9 cans of freeze-dried ham)

**WHERE TO BUY:** Costco or Sam's Club

**SAMPLE PRICING:** Costco about \$3 per lb. for fresh ham or online, about \$53 for 1 can (48 servings)

**HOW TO STORE:** Purchase and store in #10 cans with an oxygen absorber for freeze-dried ham, or store in pint or quart jars for pressure-canned.

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	26 lbs.	
2	52 lbs.	
4	104 lbs.	
6	156 lbs.	
8	208 lbs.	
12	312 lbs.	

### What to do with ham

- Serve with eggs for breakfast.

- Pan-fry and serve for dinner.
- Add to quiche, frittata, or strata.
- Make a ham and cheese sandwich.
- Add to baked potatoes.
- Cook with cheese in tortillas for a ham quesadilla.

## **How to pressure-can ham**

- Chop or slice and place in sterile pint or quart jars. Cover with water to within 1 inch of the rim, add a pinch of salt, and pressure-can for 75 minutes for pints or 90 minutes for quarts.

---

**☐ Done**

# 69

## JERKY

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Jerky is a wonderful snack and a great source of protein. Unfortunately, the shelf life is relatively short. Consider making your own and keeping it on hand in your rotation pantry. Another item to consider for your dried beef category is chipped beef, a commercially available dried beef product classically served in a cream sauce over toast. Unlike jerky, it has an indefinite shelf life.

**SHELF LIFE:** About a year (about 5 years for chipped beef)

**COST:** \$\$\$

**WHERE TO BUY:** Sam's Club, Costco

**SAMPLE PRICING:** About \$10 per lb., or make your own

**HOW TO STORE:** Vacuum-seal

Make a note of how much jerky your family eats, and decide how much you'd like to keep on hand.

**SERVING SIZE:** about 3–4 oz.

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

### What to do with jerky

- Eat it straight from the bag, or chop it up and add to soup.

## **How to make jerky**

- Ask the meat counter staff at your grocery store to slice a large roast for you about 1/4 inch thick. Make a mixture of about half soy sauce and half Worcestershire sauce and add black pepper, onion powder, and, if desired, red pepper flakes and a small amount of liquid smoke. Spread out in a single layer on a dehydrator rack (or oven rack) and dehydrate overnight at 120°F in a dehydrator or at the lowest oven setting.

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**☐ Done**

# 70

## MEATBALLS

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Meatballs can be purchased frozen at club stores and pressure-canned into quart or pint jars. They make a great addition to spaghetti or lasagna, are awesome in soup, and make hearty sandwiches.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$65 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco

**SAMPLE PRICING:** Costco \$2.50 per lb.

**HOW TO STORE:** Pressure-canned in quart or pint jars

Decide the type(s) of meatballs to store depending on your preferences.

**SERVING SIZE:** 4 (1-oz.) meatballs

**SEASON:** anytime

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	7 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

### What to do with meatballs

- **Make meatball sandwiches:** Heat meatballs in spaghetti sauce and spoon into sandwich rolls.
- Add to spaghetti sauce and serve with pasta.
- Add to vegetable soup or minestrone.

## **To pressure-can meatballs**

- Place meatballs into sterile pint or quart jars. Cover with water to within 1 inch of the rim, add a pinch of salt, and pressure-can for 75 minutes for pints or 90 minutes for quarts.
- 

**□ Done**

# 71

## PEANUT BUTTER

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Peanut butter is an important and tasty part of your fat quota and also an excellent source of protein. Unfortunately, most peanut butter has a shelf life of about a year. Powdered peanut butter, which is reconstituted with water into paste, may last either one year or up to five to ten years depending on the brand. Peanut butter is one of those foods where the amount used will vary according to your family's preferences. The baseline quantity here is one can per person per year. Please adjust accordingly to your family's eating style.

**SHELF LIFE:** 1–10 years depending on the variety and brand

**COST:** \$ (about \$60 for a year's supply for a family of 4)

**WHERE TO BUY:** Honeyville or [Amazon.com](https://www.amazon.com)

**SAMPLE PRICING:** About \$15 per #10 can

**HOW TO STORE:** As packaged in a cool, dark place

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 tablespoon

**SEASON:** anytime

Persons 1.5 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 (#10) can	
2	2 (#10) cans	
4	4 (#10) cans	
6	6 (#10) cans	
8	8 (#10) cans	
12	12 (#10) cans	

### What to do with peanut butter

- Make sandwiches with jelly, syrup, jam, or marshmallow fluff.

- **Make peanut butter cookies:** Preheat oven to 350°F (175°C). Grease cookie sheets. In a medium bowl, stir 2 cups of peanut butter and 2 cups of sugar together until smooth. Beat in 2 eggs, one at a time, then stir in 2 teaspoons of baking soda, a pinch of salt, and 1 teaspoon of vanilla. Roll dough into 1-inch balls and place the balls 2 inches apart onto the prepared cookie sheets. Press a criss-cross pattern into the top using the back of a fork. Bake at 350°F for 8 to 10 minutes.
  - Eat on sliced apples or spread on crackers.
- 

❑ **Done**

# 72

## PORK SHOULDER

---

**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Everybody loves pulled pork, which is just pork shoulder that has been braised, seasoned, and mixed with BBQ sauce. It's also awesome in tacos and burritos, or over noodles or polenta. Pork shoulder typically goes on sale around the 4th of July. Watch for sales, buy several, and can them up.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$86 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco or your local grocer

**SAMPLE PRICING:** Costco \$1.66 per lb.

**HOW TO STORE:** Pressure-canned in pint or quart jars

If you can't buy it all at once, track your progress below.

### PORK SHOULDER

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 5 servings/ week	Quantity for 1 year	Mark Off What You Have
1	65 lbs.	
2	130 lbs.	
4	260 lbs.	
6	390 lbs.	
8	520 lbs.	
12	780 lbs.	

### PULLED PORK

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 1 serving / week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

## BACON

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 1 serving / week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

## What to do with pork shoulder

- **Make pulled pork sandwiches:** Shred the pork and season it well with seasoning salt. Add BBQ sauce and serve in buns. Optionally add coleslaw.
- Serve pork chunks over polenta.
- Season the pork and serve in tacos or burritos.

## How to pressure-can pork shoulder

- Cut pork into large chunks and brown lightly. Place in sterile pint or quart jars. Cover with water to within 1 inch of the rim, add a pinch of salt, and pressure-can for 75 minutes for pints or 90 minutes for quarts.

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Done

# 73

## SAUSAGE

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Sausage can be pressure-canned or purchased freeze-dried in cans. We plan on having sausage with breakfast weekly.

**SHELF LIFE:** 30 years for freeze-dried and 2 years pressure-canned

**COST:** \$\$ (about \$104 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco or Sam's Club

**SAMPLE PRICING:** Costco about \$2 per lb.

**HOW TO STORE:** For freeze-dried, purchase and store in #10 cans with an oxygen absorber; or store pressure-canned sausage in pint or quart jars.

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

### What to do with sausage

- Have it for breakfast with eggs.
- Add it to quiche, frittata, strata, or baked eggs.

### How to pressure-can pork sausage

- Form pork into patties and brown lightly. Place in sterile pint or quart jars. Cover with water to within 1 inch of the rim, add a pinch of salt, and pressure-can for 75 minutes for pints or 90 minutes for quarts.
- 

**Done**

# 74

## TEXTURED VEGETABLE PROTEIN

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Textured vegetable protein (TVP) is less expensive than freeze-dried beef, but can substitute for all or part of the ground beef in recipes. Use it to stretch ground meat in dishes like spaghetti sauce. TVP comes in beef, chicken, or sausage flavor.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Online

**SAMPLE PRICING:** Online about \$4 per lb.

**HOW TO STORE:** Buy and store in #10 cans with an oxygen absorber

**SERVING SIZE:** 1/4 cup

**SEASON:** anytime

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	7 lbs.	
2	13 lbs.	
4	26 lbs.	
6	39 lbs.	
8	52 lbs.	
12	78 lbs.	

### What to do with TVP

- Put it in spaghetti sauce.
- Serve it in gravy over biscuits.
- Add it to casseroles.
- **Make sloppy joes:** Mix with hamburger, ketchup, and BBQ sauce and serve in sandwich buns.

.....

**Done**

# 75

## TURKEY

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**PRIORITY:** *Medium*

**CATEGORY:** *Protein*

Just as versatile an ingredient as chicken, turkey is great to have on hand for quick sandwiches, salads, and casseroles. Turkey goes on sale around Thanksgiving and can be had for as little as 19¢ per lb.

**SHELF LIFE:** 15 years for freeze-dried, 2 years for pressure-canned

**COST:** \$\$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Costco or any grocery store

**SAMPLE PRICING:** Costco \$199 for 266 servings of freeze-dried turkey and \$1.97 per lb. for fresh

**HOW TO STORE:** Purchase and store freeze-dried turkey in #10 cans with an oxygen absorber or store pressure-canned turkey in pint or quart jars.

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/4 pound

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

### What to do with turkey

- Make Monte Cristo sandwiches ([page 113](#)).
- **Make a turkey noodle casserole:** Combine 12 oz. cooked noodles with 1 can cream soup, a pint chopped turkey with juice, 1 cup sliced

mushrooms, 1/4 cup minced onion, 1/4 cup minced celery (rehydrate mushrooms, onions, and celery in hot water if using dehydrated vegetables). Place in a casserole dish and bake at 350°F until bubbly, about 25 minutes. Optionally top with buttered breadcrumbs for some crunch.

## **What to do with freeze-dried turkey**

- Substitute for chicken in the chicken noodle soup meal in a jar or the chicken and rice meal in a jar ([page 58](#)).

## **How to pressure-can turkey**

- Place raw turkey into sterile pint or quart jars. Cover with water to within 1 inch of the rim, add a pinch of salt, and pressure-can for 70 minutes for pints or 90 minutes for quarts.

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**Done**

# 76

## JELLY AND JAM

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**PRIORITY:** *Medium*

**CATEGORY:** *Sweets & sweeteners*

Jelly and jam are delicious additions to your food storage. Spread them on hot biscuits or fresh bread. Make your own jam when fruit is abundant.

**SHELF LIFE:** 2–5 years or longer

**COST:** \$ (about \$30 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** Costco \$3.76 for 4 lbs.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 tablespoon

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	2 (32-oz.) cans	
2	4 (32-oz.) cans	
4	8 (32-oz.) cans	
6	12 (32-oz.) cans	
8	16 (32-oz.) cans	
12	24 (32-oz.) cans	

### What to do with jelly or jam

- Put on toast or biscuits, or serve with Monte Cristo sandwiches.
- **Make a Monte Cristo sandwich:** Make 2 pieces of French toast by beating together 2 eggs and 1/3 cup of milk. Soak bread, and then cook in butter until golden on both sides. Top 2 of the slices with sliced turkey and Swiss cheese. Stack the 2 slices one on top of the other and top with the third piece of French toast. Toast on both sides until the cheese melts and the turkey is heated through. Serve with jelly or jam.

- Make sugar cookies ([page 69](#)).

---

**Done**

# 77

## **FREEZE-DRIED YOGURT**

---

**PRIORITY:** *Low*

**CATEGORY:** *Dairy*

Freeze-dried yogurt is a great snack. It can be reconstituted with water into a yogurt-like consistency, but it is really delicious in its freeze-dried state.

**SHELF LIFE:** 3–5 years

**COST:** \$\$ (about \$320 for a year’s supply for a family of 4)

**WHERE TO BUY:** Online

**SAMPLE PRICING:** Online about \$40 per #10 can

**HOW TO STORE:** As purchased, in #10 cans with an oxygen absorber

If you can’t buy it all at once, track your progress below.

**SERVING SIZE:** 1/4 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	2 (#10) cans	
2	4 (#10) cans	
4	8 (#10) cans	
6	12 (#10) cans	
8	16 (#10) cans	
12	24 (#10) cans	

### **What to do with freeze-dried yogurt**

- Eat as a snack.

---

**Done**

# 78

## SOUR CREAM POWDER

---

**PRIORITY:** *Low*

**CATEGORY:** *Dairy*

Sour cream powder adds a creamy taste of dairy to your recipes.

**SHELF LIFE:** 10 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Online

**SAMPLE PRICING:** Online about \$25 per can (210 1-tablespoon servings)

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 tablespoon

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	1 (#10) can	
2	2 (#10) cans	
4	4 (#10) cans	
6	6 (#10) cans	
8	8 (#10) cans	
12	12 (#10) cans	

### What to do with sour cream powder

- Add to macaroni and cheese ([page 27](#)).
- Dollop on top of chili mac in a jar ([page 90](#)) or chili con carne ([page 103](#)).

---

**Done**

# 79

## COFFEE, TEA, AND CREAMER

---

**PRIORITY:** *Low*

**CATEGORY:** *Drinks*

Whatever hot beverage(s) make your family happy in the morning, stock up on a year's supply. We've already accounted for sugar and honey, but if creamer is needed, stock up.

**SHELF LIFE:** About 1 year for coffee. Powdered creamer will last for several years, as will tea.

**COST:** \$\$ (depending on your family's tastes)

**WHERE TO BUY:** Sam's Club, Costco, Walmart, or the grocery store

**SAMPLE PRICING:** Costco \$6 for 1 lb. of coffee, \$9 for 144 tea bags; Sam's Club \$5 for 22 oz. of creamer

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

Persons	Quantity for 1 year	Mark Off What You Have
1		Coffee: Tea: Creamer:
2		Coffee: Tea: Creamer:
4		Coffee: Tea: Creamer:
6		Coffee: Tea: Creamer:
8		Coffee: Tea: Creamer:
12		Coffee: Tea: Creamer:

.....

**Done**

# 80

## JUICES: CANNED ORANGE, PINEAPPLE, APPLE, AND GRAPE

---

**PRIORITY:** *Low*

**CATEGORY:** *Drinks*

If your family drinks fruit juices, plan to have about a year's supply on hand in your rotation pantry.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$20 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or any grocery store

**SAMPLE PRICING:** Sam's Club about \$.02 per ounce

**HOW TO STORE:** In original packaging in your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	2 gal.	Orange juice: Apple juice: Other:
2	4 gal.	Orange juice: Apple juice: Other:
4	8 gal.	Orange juice: Apple juice: Other:
6	12 gal.	Orange juice: Apple juice: Other:
8	16 gal.	Orange juice: Apple juice: Other:
12	24 gal.	Orange juice: Apple juice: Other:

## What to do with fruit juice

- Drink it.
- Reduce it and use it as a sauce for meats, such as pork.

.....

Done

# 81

## BOXED CEREALS

---

**PRIORITY:** *Low*

**CATEGORY:** *Pantry staples*

Keep a year's worth of cereal on hand; it lasts one to two years unopened.

**SHELF LIFE:** 1–2 years

**COST:** \$\$ (about \$120 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club or Costco

**SAMPLE PRICING:** Sam's Club \$6 for 40 oz., Costco \$9 for 55 oz.

**HOW TO STORE:** In your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	10 (40-oz.) boxes	
2	20 (40-oz.) boxes	
4	40 (40-oz.) boxes	
6	60 (40-oz.) boxes	
8	80 (40-oz.) boxes	
12	120 (40-oz.) boxes	

### What to do with cereal

- Eat it for breakfast. Optionally add berries, apples, or bananas.
- 

**Done**

# 82

## CANNED PUMPKIN

---

**PRIORITY:** *Low*

**CATEGORY:** *Produce*

Pumpkin is nice to have on hand to make pies and quick breads. Canned pumpkin goes on sale around Thanksgiving. Stock up.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$20 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or the grocery store

**HOW TO STORE:** In cans in your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/4 cup

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	2 (28-oz.) cans	
2	4 (28-oz.) cans	
4	8 (28-oz.) cans	
6	12 (28-oz.) cans	
8	16 (28-oz.) cans	
12	24 (28-oz.) cans	

### What to do with canned pumpkin

- **Make pie:** Follow directions on the can and use a Jiffy pie crust mix (see [page 38](#)).
- **Make pumpkin bread:** Preheat oven to 350°F. In a large bowl beat together 1 cup pumpkin purée, 1/2 cup olive oil, 2 eggs (beaten), and 1/4 cup water. Stir in 1 cup of sugar. Add 1-1/2 cups flour, 1/2 teaspoon salt, 1 teaspoon baking soda, 1/2 teaspoon nutmeg, 1/2 teaspoon cinnamon, and 1/2 teaspoon allspice, and stir until just

combined. Add 1/2 cup of chopped walnuts, pour into a loaf pan, and bake for 50 to 55 minutes or until a toothpick inserted comes out clean.

---

**Done**

# 83

## CANNED PIE FILLING

---

**PRIORITY:** *Low*

**CATEGORY:** *Sweets & sweeteners*

Canned pie filling makes it easy to create a pie of crumble dessert.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$48 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** Costco or the grocery store about \$3 per can

**HOW TO STORE:** In cans in your rotation pantry

Adjust this quantity to your family's tastes.

**SERVING SIZE:** 1/4 can

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	4 (21-oz.) cans	
2	8 (21-oz.) cans	
4	16 (21-oz.) cans	
6	24 (21-oz.) cans	
8	32 (21-oz.) cans	
12	48 (21-oz.) cans	

### What to do with canned pie filling

- Bake a pie with Jiffy crust mix (see [page 38](#)).
- **Make a rustic pie:** Spread a pie crust on a rimmed baking sheet, mound the pie filling in the center, fold the edges over the top, and bake at 350°F for about 45 to 50 minutes or until golden.
- **Make a “dump cake”:** In a baking dish add 2 cans of pie filling, or 1 can of pie filling and 1 can of canned fruit, chopped and drained. Top with 1 box of cake mix, and pour on 1 cube (1/2 cup) of melted butter

or ghee. Bake at 350°F for about 50 minutes or until golden and bubbly.

---

**Done**

# 84

## CONDIMENTS

---

**PRIORITY:** *Low*

**CATEGORY:** *Pantry staples*

Condiments like mayonnaise, mustard, ketchup, salad dressing, BBQ sauce, soy sauce, Worcestershire sauce, teriyaki sauce, Tabasco, and salsa make everything taste better. Make a note of what and how much your family uses routinely and plan to stock a year's supply in your rotation pantry. You may not want to purchase condiments in large quantities, as they could go bad if you were without refrigeration in an emergency. Consider getting some single-serving packets to include in your food storage.

**SHELF LIFE:** 1–2 years

**COST:** \$\$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or Walmart

**HOW TO STORE:** In original packaging in your rotation pantry

If you can't buy it all at once, track your progress below.

### SAUCES AND DRESSINGS

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	2 jars	Mustard: Ketchup: Salad dressing: BBQ sauce: Soy sauce: Salsa:
2	4 jars	Mustard: Ketchup: Salad dressing: BBQ sauce: Soy sauce: Salsa:
4	8 jars	Mustard: Ketchup: Salad dressing: BBQ sauce: Soy sauce: Salsa:
6	12 jars	Mustard: Ketchup: Salad dressing: BBQ sauce: Soy sauce: Salsa:
8	16 jars	Mustard: Ketchup: Salad dressing: BBQ sauce: Soy sauce: Salsa:
12	24 jars	Mustard: Ketchup: Salad dressing: BBQ sauce: Soy sauce: Salsa:

**MAYONNAISE**

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons 4 servings/ week	Quantity for 1 year	Mark Off What You Have
1	3 jars	
2	6 jars	
4	12 jars	
6	18 jars	
8	24 jars	
12	36 jars	

## OTHER CONDIMENTS

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1		
2		
4		
6		
8		
12		

### What to do with condiments

- Mix BBQ sauce with canned beef or pork for BBQ sandwiches.
- Mix BBQ sauce, ketchup, and ground beef for sloppy joes.
- **Make deviled eggs:** Hard boil eggs, slice in half, and mash yolks with mayonnaise and mustard. Refill yolks into egg white halves.

---

**Done**

# 85

## CRACKERS

---

**PRIORITY:** *Low*

**CATEGORY:** *Pantry staples*

Keep a year's supply of saltines on hand and make sure to rotate your stock, because saltines do go stale. There are also crackers in #10 cans, called pilot bread crackers, commercially available from Mountain House.

**SHELF LIFE:** 30 years

**COST:** \$\$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**HOW TO STORE:** In your rotation pantry

If you can't buy it all at once, track your progress below.

### SALTINES

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	4 boxes	
2	8 boxes	
4	16 boxes	
6	24 boxes	
8	32 boxes	
12	48 boxes	

### PILOT BREAD CRACKERS

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

<b>Persons 1 serving/ week</b>	<b>Quantity for 1 year</b>	<b>Mark Off What You Have</b>
1	4 cans	
2	8 cans	
4	16 cans	
6	24 cans	
8	32 cans	
12	48 cans	

## **What to do with crackers**

- Serve them topped with tuna or salmon.
- Serve them with hummus for dipping.
- Snack on them topped with peanut butter.
- Serve them with soup.

---

**Done**

# 86

## GRANOLA BARS

---

**PRIORITY:** *Low*

**CATEGORY:** *Pantry staples*

Buy granola bars from Costco or Sam's Club and keep a year's worth on hand.

**SHELF LIFE:** About 18 months

**COST:** \$ (about \$48 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or online

**SAMPLE PRICING:** Costco \$12 for 60, Sam's Club \$8.78 for 30

**HOW TO STORE:** In your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 bar | **SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	1 box	
2	2 boxes	
4	4 boxes	
6	6 boxes	
8	8 boxes	
12	12 boxes	

### What to do with granola bars

- Eat as a snack.
- Crumble a bar on yogurt.

---

**Done**

# 87

## RICE MIXES

---

**PRIORITY:** *Low*

**CATEGORY:** *Pantry staples*

Rice mixes like Rice-A-Roni or Spanish rice make for a fast, easy, shelf-stable side dish.

**SHELF LIFE:** 5 years

**COST:** \$ (about \$67 for a year's supply for a family of 4)

**WHERE TO BUY:** Grocery store

**SAMPLE PRICING:** About \$1.29 per box

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 box

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 boxes	
2	26 boxes	
4	52 boxes	
6	78 boxes	
8	104 boxes	
12	156 boxes	

### What to do with rice mixes

- Prepare as directed. Optionally, add chopped ham or vegetables, or add an egg as you would with fried rice.

---

**Done**

# 88

## **RAMEN NOODLES AND INSTANT NOODLE CUP**

---

**PRIORITY:** *Low*

**CATEGORY:** *Pantry staples*

Ramen makes cheap, quick lunches, and kids love it. Add some meat or vegetables to ramen to make it more nutritious. Or if you beat an egg and stir it into piping-hot ramen, you'll make a cross between ramen and egg drop soup.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$40 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or the grocery store

**SAMPLE PRICING:** Costco \$9.70 for 48

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

### **RAMEN**

**SERVING SIZE:** 1/2–1 package; see note

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	52 packages	
2	104 packages	
4	208 packages	
6	312 packages	
8	416 packages	
12	624 packages	

A note on serving size: 1 package serves 1–2 people; 1 case contains 52 packages.

### **INSTANT NOODLE CUP**

**SERVING SIZE:** 1/2–1 package; see note

**SEASON:** anytime

Persons 1/2 serving/ week	Quantity for 1 year	Mark Off What You Have
1	26 packages	
2	52 packages	
4	104 packages	
6	156 packages	
8	208 packages	
12	312 packages	

A note on serving size: 1 package serves 1–2 people; 1 case contains 52 packages.

### What to do with ramen

- Add egg, vegetables, or meat.
- Toast crushed raw noodles in oil and use as a snack or salad topping.
- **Make sesame noodles:** Cook noodles and drain. Add a tablespoon of soy sauce, a spoonful of peanut butter, 1 teaspoon sesame oil, and 1 teaspoon sesame seeds. Add shredded carrots and cabbage if desired.

.....

Done

# 89

## SQUASH: BUTTERNUT, ACORN, AND ZUCCHINI

---

**PRIORITY:** *Low*

**CATEGORY:** *Produce*

Squashes and zucchini will add variety and nutrition to your food storage vegetables. You can grow zucchini in your garden and dehydrate the excess (which is often plentiful). Acorn and butternut squash are fantastic side dishes and great in soups. Zucchini is great in soups too, but is also in quick breads and in zucchini patties.

**SHELF LIFE:** 10 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or grow your own

**SAMPLE PRICING:** About \$1.50 per lb.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** late summer–early fall

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

### How to dehydrate squash and zucchini

- **For summer squash and zucchini:** Slice on a mandolin to about  $\frac{3}{16}$  inch thick or grate. Salt lightly and layer on dehydrator trays. Dehydrate at 115°F for about 8 to 12 hours or until completely dry.

## How to dehydrate acorn squash and butternut squash

- Peel, cut into chunks, and blanch for 2 minutes. Dry on trays at 120°F for 12–15 hours.

## What to do with squash and zucchini

- Add to vegetable soup.
- Add to cowboy stew ([page 103](#)).
- **Snack on chips:** (For snacking, you may toss the slices lightly in olive oil before dehydrating them per the instructions above. This shortens the shelf life but adds delicious flavor.)
- **Make zucchini patties:** Rehydrate zucchini shreds in water, drain, and squeeze dry. Add 1 egg lightly beaten, some Parmesan cheese, and some flour, salt, and pepper. Pan-fry in hot oil until golden on the outsides and cooked through.
- **Make zucchini bread:** Preheat the oven to 350°F. In a large bowl mix together 2 eggs, beaten, 1-1/3 cups sugar, 2 teaspoons vanilla, 3 cups grated, rehydrated, and drained zucchini, 2/3 cup oil, 2 teaspoons baking soda, a pinch salt, 3 cups flour, 1/2 teaspoon nutmeg, 2 teaspoons cinnamon, 1 cup chopped pecans or walnuts (optional), and 1 cup dried cranberries or raisins (optional). Pour into 2 loaf pans and bake for 50–55 minutes.

---

❑ Done

# 90

## FRUIT LEATHER

---

**PRIORITY:** *Low*

**CATEGORY:** *Produce*

Fruit leather (dehydrated pureed fruit) is delicious for snacking and easy to make.

**SHELF LIFE:** 2 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or online

**SAMPLE PRICING:** Sam's Club \$15 for 30

**HOW TO STORE:** Wrapped in plastic and vacuum-sealed

Adjust the proportions and varieties of fruit according to your family's tastes.

**SERVING SIZE:** 1 fruit roll-up

**SEASON:** anytime; see note

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	52	
2	104	
4	208	
6	312	
8	416	
12	624	

A note on season: Commercially prepared fruit leather is available year round, but late summer is the best time for making your own.

### How to make fruit leather

- Chop and peel fruit and cook to the texture of applesauce, with a little water if needed. Pour onto plastic-lined dehydrator trays. Dehydrate 8 to 12 hours at 120°F. Peel off, wrap in plastic wrap, and vacuum-seal.

## **What to do with fruit leather**

- Eat it as a snack.

---

**Done**

# 91

## SUMMER FRUITS: PEACHES, PLUMS, CHERRIES, AND PINEAPPLE

---

**PRIORITY:** *Low*

**CATEGORY:** *Produce*

Preserve summer's bounty by dehydrating or canning summer fruits to enjoy all year long. These fruits also make delicious pies and crisps.

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or online

**SAMPLE PRICING:** Costco about \$1.50 per lb.

**HOW TO STORE:** Dehydrate and vacuum-seal or store in #10 cans with an oxygen absorber.

Adjust the proportions and varieties of fruit according to your family's tastes.

### PEACHES/PLUMS/CHERRIES

**SERVING SIZE:** 1/2 cup

**SEASON:** summer

Persons 2 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 (#10) can	Peaches: Plums: Cherries: Other:
2	2 (#10) cans	Peaches: Plums: Cherries: Other:
4	4 (#10) cans	Peaches: Plums: Cherries: Other:
6	6 (#10) cans	Peaches: Plums: Cherries: Other:
8	8 (#10) cans	Peaches: Plums: Cherries: Other:
12	12 (#10) cans	Peaches: Plums: Cherries: Other:

**PINEAPPLE**

**SERVING SIZE:** 1/2 cup

**SEASON:** summer

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	2 (#10) cans	
2	4 (#10) cans	
4	8 (#10) cans	
6	12 (#10) cans	
8	16 (#10) cans	
12	24 (#10) cans	

**How to dehydrate summer fruits**

- Pit them, peel them (if desired), and dehydrate for about 8 to 12 hours at 120°F.

## What to do with summer fruits

- Eat as a snack.
  - Make a crisp like apple crisp ([page 53](#)) but substitute other fruit.
- 

**Done**

# 92

## SWEET POTATOES AND YAMS

---

**PRIORITY:** *Low*

**CATEGORY:** *Produce*

Sweet potatoes and yams make a delicious and nutritious side dish and add variety to a diet that could otherwise get very dull.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or the grocery store

**SAMPLE PRICING:** About \$2 per lb.

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

### How to dehydrate sweet potatoes or yams

- Peel and slice or cube. Blanch in boiling water until about two-thirds cooked. Place on dehydrator trays and dehydrate at 120°F about 12 to 18 hours until completely dry.

### What to do with sweet potatoes

- Add to soups and stews.
- Simmer in water, add butter, brown sugar, or maple syrup, and mash.

.....

**Done**

# 93

## TRAIL MIX

---

**PRIORITY:** *Low*

**CATEGORY:** *Pantry staples*

Buy trail mix from Costco or Sam's Club and keep a year's worth on hand.

**SHELF LIFE:** About 18 months

**COST:** \$\$ (about \$150 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club or Costco

**SAMPLE PRICING:** Sam's Club \$9.78 for 48 oz., Costco \$14.53 for 4 lbs.

**HOW TO STORE:** In your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	13 lbs.	
2	26 lbs.	
4	52 lbs.	
6	78 lbs.	
8	104 lbs.	
12	156 lbs.	

### What to do with trail mix

- Eat it as a snack.
- Add it to muffins or cookies.
- Layer it with yogurt.

---

**Done**

# 94

## VINEGAR

---

**PRIORITY:** *Low*

**CATEGORY:** *Pantry staples*

Vinegar is great for making vinaigrette to dress up vegetables. It is also useful for cleaning.

**SHELF LIFE:** Forever

**COST:** \$ (about \$5 for a year's supply for a family of 4)

**WHERE TO BUY:** Walmart or the grocery store

**SAMPLE PRICING:** About \$5 per gallon

**HOW TO STORE:** In original packaging

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 teaspoon

**SEASON:** anytime

Persons 3 servings/ week	Quantity for 1 year	Mark Off What You Have
1	1 gal.	
2	1 gal.	
4	1 gal.	
6	2 gal.	
8	2 gal.	
12	3 gal.	

### What to do with vinegar

- Make vinaigrette ([page 30](#)).
- Use it to clean greasy counters.
- Make pickles.

---

**Done**

# 95

## WINTER FRUITS: CITRUS

---

**PRIORITY:** *Low*

**CATEGORY:** *Produce*

Citrus fruit dries beautifully, makes wonderful drinks, and adds a great flavor to dishes.

**SHELF LIFE:** 30 years

**COST:** \$ (about \$40 for a year's supply for a family of 4)

**WHERE TO BUY:** LDS, Sam's Club, Costco, or the grocery store

**SAMPLE PRICING:** Lemons are about \$.26 each and oranges about \$1

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 fruit

**SEASON:** cheapest in winter

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	10 lbs.	
2	20 lbs.	
4	40 lbs.	
6	60 lbs.	
8	80 lbs.	
12	120 lbs.	

### How to dehydrate lemons and oranges

- Slice 1/8 inch thick using a mandolin. Layer on dehydrator trays and dehydrate at 120°F for 8 to 12 hours or until completely dry. Vacuum-seal in bags.

### What to do with citrus

- Add a cup of lemon or orange slices to a large pitcher and fill with water. Add 1 cup of sugar and let stand in the refrigerator at least an hour to infuse the flavor.
- Add a slice of lemon to chicken soup.
- Soak orange slices in water, cut up, and add to beef and vegetable stir-fry.

---

**Done**

# 96

## **DRIED CHILIES, CANNED CHILIES, PICKLES, PEPPERS, OLIVES, AND ENCHILADA SAUCE**

---

**PRIORITY:** *Low*

**CATEGORY:** *Produce*

Stock a years's supply of the extras your family loves.

**SHELF LIFE:** About 2 years

**COST:** Varies

**WHERE TO BUY:** LDS, Sam's Club, Costco, or the grocery store

**HOW TO STORE:** In #10 cans with an oxygen absorber

**SERVING SIZE:** varies

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1		Dried chiles: Canned chiles: Olives: Enchilada sauce: Other:
2		Dried chiles: Canned chiles: Olives: Enchilada sauce: Other:
4		Dried chiles: Canned chiles: Olives: Enchilada sauce: Other:
6		Dried chiles: Canned chiles: Olives: Enchilada sauce: Other:
8		Dried chiles: Canned chiles: Olives: Enchilada sauce: Other:
12		Dried chiles: Canned chiles: Olives: Enchilada sauce: Other:

## What to do with enchilada ingredients

- **Make enchiladas:** Roll corn tortillas stuffed with beef, pork, chicken, or cheese. Optionally add chiles to the degree of heat you like. Top with enchilada sauce and grated cheese.

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**Done**

# 97

## CANNED MEATS: SPAM, VIENNA SAUSAGE, CANNED BEEF, CANNED HAM, AND CANNED CHICKEN

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**PRIORITY:** *Low*

**CATEGORY:** *Protein*

Spam, Vienna sausage, canned beef, canned ham, and canned chicken are commercially prepared canned meats and you should determine the amount you'd like to store according to your family's preferences.

**SHELF LIFE:** 2–5 years

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club or Costco

**HOW TO STORE:** In cans in your rotation pantry

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1 can serves 2

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	26 lbs.	Spam: Chicken: Other:
2	52 lbs.	Spam: Chicken: Other:
4	104 lbs.	Spam: Chicken: Other:
6	176 lbs.	Spam: Chicken: Other:
8	208 lbs.	Spam: Chicken: Other:
12	312 lbs.	Spam: Chicken: Other:

### What to do with canned meats

- Pan-fry spam or canned ham and serve with eggs for breakfast or make into sandwiches.
- Season canned chicken, pan-fry, and serve in tacos.
- Crumble canned roast beef into a vegetable soup and serve over mashed potatoes.

.....

Done

# 98

## TOILET PAPER, PAPER TOWELS, PAPER PLATES, PLASTIC CUPS, AND SILVERWARE

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**PRIORITY:** *Low*

**CATEGORY:** *Sundries & household*

In a storm or emergency, being prepared and having convenience items will make life easier. Keep a stock of paper and plastic goods on hand.

**SHELF LIFE:** Forever

**COST:** Varies

**WHERE TO BUY:** LDS, Sam's Club, or Costco

**SAMPLE PRICING:** Varies

**HOW TO STORE:** As packaged

If you can't buy it all at once, track your progress below.

Persons	Quantity for 1 year	Mark Off What You Have
1		Toilet paper: Paper towels: Other:
2		Toilet paper: Paper towels: Other:
4		Toilet paper: Paper towels: Other:
6		Toilet paper: Paper towels: Other:
8		Toilet paper: Paper towels: Other:
12		Toilet paper: Paper towels: Other:

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**Done**

# 99

## CAKE MIX AND FROSTING

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**PRIORITY:** *Low*

**CATEGORY:** *Sweets & sweeteners*

I like to store one birthday cake per person in the flavor of their choosing. Be sure to keep a box of birthday candles on hand.

**SHELF LIFE:** About 2 years

**COST:** \$ (about \$20 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or the grocery store

**SAMPLE PRICING:** Grocery store about \$2–\$3 per box

**HOW TO STORE:** In original packaging in your pantry

If you can't buy it all at once, track your progress below.

### CAKE

**SERVING SIZE:** 1/8 cake

**SEASON:** anytime

Persons	Quantity for 1 year	Mark Off What You Have
1	1 box	
2	2 boxes	
4	4 boxes	
6	6 boxes	
8	8 boxes	
12	12 boxes	

### FROSTING

**SERVING SIZE:** 1/8 cake

**SEASON:** anytime

<b>Persons</b>	<b>Quantity for 1 year</b>	<b>Mark Off What You Have</b>
1	1 can	
2	2 cans	
4	4 cans	
6	6 cans	
8	8 cans	
12	12 cans	

## **What to do with cake and frosting**

- Make a cake to celebrate birthdays.

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**Done**

# 100

## CANNED FRUIT

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**PRIORITY:** *Low*

**CATEGORY:** *Produce*

Canned fruits are tasty, comforting, and a good source of liquid. Store some of the varieties your family enjoys. My secret favorite is fruit cocktail. It is certainly not gourmet, but I still find it comforting and like when I was a kid, I still covet the cherries.

**SHELF LIFE:** About 2 years

**COST:** \$\$ (about \$150 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or the grocery store

**SAMPLE PRICING:** About \$1.50 per can ([Amazon.com](https://www.amazon.com))

**HOW TO STORE:** In #10 cans with an oxygen absorber

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/2 cup; see note

**SEASON:** anytime

Persons 1 serving/ week	Quantity for 1 year	Mark Off What You Have
1	26 (14.5-oz.) cans	
2	52 (14.5-oz.) cans	
4	104 (14.5-oz.) cans	
6	156 (14.5-oz.) cans	
8	208 (14.5-oz.) cans	
12	312 (14.5-oz.) cans	

A note on serving size: 1 (14.5-oz.) can serves about 2.

### What to do with canned fruit

- Eat it as a snack.
- Use it in quick bread.

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**Done**

# 101

## SWEETS

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**PRIORITY:** *Low*

**CATEGORY:** *Sweets & sweeteners*

Of sweets like candy, gum, mints, and Jolly Ranchers, hard candy lasts the longest. Also store chocolate chips for baking.

**SHELF LIFE:** 30 years for hard candy, about 1 year for chocolate chips

**COST:** \$ (about \$100 for a year's supply for a family of 4)

**WHERE TO BUY:** Sam's Club, Costco, or the grocery store

**SAMPLE PRICING:** Varies

**HOW TO STORE:** In #10 cans with an oxygen absorber for best shelf life

If you can't buy it all at once, track your progress below.

**SERVING SIZE:** 1/4 cup

**SEASON:** anytime

Persons 1/4 serving/ week	Quantity for 1 year	Mark Off What You Have
1		Chocolate chips: Other:
2		Chocolate chips: Other:
4		Chocolate chips: Other:
6		Chocolate chips: Other:
8		Chocolate chips: Other:
12		Chocolate chips: Other:

**What to do with chocolate chips**

- **Make chocolate chip cookies:** In a bowl mix together 1 cup butter, ghee, or butter-flavored shortening, 3/4 cup white sugar, and 3/4 cup brown sugar. Add 2 eggs and 1 teaspoon vanilla and mix well. Add 2-1/4 cups flour, 1 teaspoon baking soda, and 1 teaspoon salt. Mix well and add 2 cups of chocolate chips. Bake 1-inch balls 2 inches apart on a baking sheet at 350°F for 8 to 10 minutes or until just golden at the edges.
  - Add to muffins.
  - Sprinkle in crepes and add strawberries.
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□ **Done**

## About the Author

**Julie Languille** is passionate about both food and preparedness. She owns a dinner-planning website with thousands of recipes compiled to make dinner planning, shopping, and cooking easy for families. She teaches workshops on preparedness and long-term food storage, and regularly hosts food-packaging parties where families gather to make prepackaged meal kits to build their own food storage as well as bless families in need. Julie is also the author of *Meals in a Jar*. She lives with her husband and family on lovely Whidbey Island, in the Puget Sound near Seattle, and when not cooking she loves to read, sail, and kayak in the waters near her home.