

Basic Food Storage List

GRAINS = 400 lbs per adult

- _____ Barley
- _____ Cereal
- _____ Corn (meal or Dent)
- _____ Cous Cous
- _____ **Flour (4lb/can)**
- _____ Millet
- _____ **Multi grain soup mix(5lb/can)**
- _____ **Oats, rolled quick(3lb/can)**
- _____ **Oats, rolled regular(3lb/can)**
- _____ Popcorn
- _____ Rye
- _____ Sprouting Seeds
- _____ **Wheat(6lb/can)**
- _____ **White Rice(6lb/can)**

Pastas

- _____ **Macaroni(3lb/can)**
- _____ Noodles
- _____ **Spaghetti(4lb/can)**

MILK / DAIRY = 75 lbs per adult

- _____ Brick cheese
- _____ Canned Milk
- _____ Canned sour cream
- _____ Cheese spreads
- _____ Condensed milk
- _____ Dried cheese
- _____ Dried eggs
- _____ Infant formula
- _____ Non-dairy creamer
- _____ **Non-fat dry milk(4lb/can)**
- _____ Powdered cheese
- _____ Powdered sour cream

JUICES/BEVERAGES = 25 lbs

- _____ Apple juice
- _____ Apricot nectar
- _____ Baby strained juices
- _____ **Cocoa drink mix(4lb/can)**
- _____ Cranberry juice
- _____ **Dried juice mix(6lb/can)**
- _____ Grapefruit juice
- _____ Grape juice
- _____ Kool-aid
- _____ Lemonaid
- _____ Orange juice
- _____ Pineapple juice
- _____ Plum juice
- _____ Prune juice
- _____ Punch crystals
- _____ Soft drink mixes
- _____ Soft drinks
- _____ Tomato juice
- _____ V-8 juice

FATS / OILS = 20 lbs per adult

- _____ Butter
- _____ Cooking oil
- _____ Lard
- _____ Margarine
- _____ Mayonnaise
- _____ Olive Oil (extra virgin)
- _____ Peanut butter
- _____ Powdered butter
- _____ Powdered margarine
- _____ Powdered shortening
- _____ Salad dressing
- _____ Shortening

BOLD ITALIC items are generally available from the LDS cannery

CANNED or DRIED MEATS

(20 lbs per adult)

- _____ Bacon
- _____ Beef
- _____ Beef jerky
- _____ Chicken
- _____ Clams
- _____ Corned beef
- _____ Crabmeat
- _____ Deviled meats
- _____ Fish
- _____ Ham
- _____ Hamburger
- _____ Lamb
- _____ Lunch meats
- _____ Mutton
- _____ Pepperoni
- _____ Pork
- _____ Tuna
- _____ Salmon
- _____ Sandwich spreads
- _____ Sardines
- _____ Sausage
- _____ Shrimp
- _____ Spam
- _____ Treet
- _____ Turkey
- _____ TVP- Textured vegi Protein
- _____ Veal
- _____ Venison jerky
- _____ Vienna sausage

AUXILIARY FOODS

- _____ Baking powder
- _____ Baking soda
- _____ Cake mixes
- _____ Calcium supplement
- _____ Casserole mixes
- _____ Chow mein noodles
- _____ Cookies
- _____ Cookie mixes
- _____ Cornstarch
- _____ Crackers
- _____ Cream of tartar
- _____ Hot roll mixes
- _____ Hydrated lime (for tortillas)
- _____ Instant breakfast
- _____ Instant yeast
- _____ Iron supplement
- _____ Marshmallows
- _____ MREs
- _____ Muffin mixes
- _____ Non perishable pet foods
- _____ Pancake mixes
- _____ Pastry mixes
- _____ Pectin
- _____ Pie crust mixes
- _____ Pie fillings
- _____ Pizza mixes
- _____ Plain gelatin
- _____ Rennin tablets
- _____ Salt
- _____ Sourdough starter
- _____ Survival bars
- _____ Tofu Solidifier
- _____ Vitamins and minerals
- _____ Whipped topping mixes

BOLD ITALIC items are available from the LDS cannery

FRUITS and VEGETABLES

90 lbs Dried, 370qts canned, 370Lbs

fresh

Fruits

- _____ **Apples** (2lb/can)
- _____ Applesauce
- _____ Apricots
- _____ Peaches
- _____ Berries
- _____ Cherries
- _____ Coconut
- _____ Currants
- _____ Figs
- _____ Fruit cocktail
- _____ Grapefruit
- _____ Grapes
- _____ Mandarin oranges
- _____ Nectarines
- _____ Olives
- _____ Pears
- _____ Peaches
- _____ Pineapples
- _____ Plums
- _____ Prunes
- _____ Raisins
- _____ Tomatoes

BEANS & LEGUMES

(90 lbs per adult)

- _____ **Beans, pink**(5lb/can)
- _____ **Beans, pinto**(5lb/can)
- _____ **Beans, white**(5lb/can)
- _____ Lentils
- _____ Nuts
- _____ Peas
- _____ Sprouting beans and seeds
- _____ Soybeans

Vegetables

- _____ Artichoke hearts
- _____ Asparagus
- _____ Beans
- _____ Beets
- _____ Broccoli
- _____ Brussels sprouts
- _____ **Carrots** (3lb/can)
- _____ Cauliflower
- _____ Celery
- _____ Corn-sweet
- _____ Green beans
- _____ Hominy
- _____ Mushrooms
- _____ Okra
- _____ **Onions** (2lb/can)
- _____ Parsnips
- _____ Peas
- _____ Peppers
- _____ Pickles
- _____ **Potatoes, flakes** (1.5lb/can)
- _____ **Potatoes, pearls** (3lb/can)
- _____ Pumpkins
- _____ Rhubarb
- _____ Rutabagas
- _____ Salsify
- _____ Sauerkraut
- _____ Soups
- _____ Spinach
- _____ Squash
- _____ Sweet potatoes (yams)
- _____ Tomatos
- _____ Tomato powder
- _____ Turnips
- _____ Water chestnuts

BOLD ITALIC items are available from the LDS cannery

SPICES / CONDIMENTS

_____ Almond extract
_____ Allspice
_____ Baking chocolate
_____ Basil
_____ BBQ sauce
_____ Bouillon cubes / granules
Beef, chicken, onion, vegetable flavors
_____ Cayenne pepper
_____ Celery salt
_____ Chili powder
_____ Chives
_____ Chocolate chips
_____ Chocolate syrup
_____ Cinnamon
_____ Cloves
_____ Cocoa
_____ Coriander
_____ Cumin
_____ Curry
_____ Dill weed
_____ Garlic salt
_____ Ginger
_____ Gravy mixes
_____ Herbs
_____ Ketchup
_____ Lemon extract
_____ Lemon / lime juice
_____ Liquid smoke
_____ Majoram
_____ Maple extract
_____ Nutmeg
_____ Onion flakes
_____ Onion salt
_____ Orange peel

_____ Oregano
_____ Paprika
_____ Pepper
_____ Poultry Seasoning
_____ protein supplement
_____ Sage
_____ Salad dressings
_____ Salt (**5 lbs per adult**)
_____ Sauce mixes
_____ Seasoned salt
_____ Spaghetti sauce
_____ Soy sauce
_____ Steak sauce
_____ Tarragon
_____ Thyme
_____ Turmeric
_____ Vanilla extract
_____ Vinegar
_____ Worcestershire sauce

SUGARS = 60 lbs per adult

_____ Corn syrup
_____ Hard candy
_____ Honey
_____ Jello
_____ Jelly or jam
_____ Maple syrup
_____ Molasses
_____ ***Pudding, chocolate (5lb/can)***
_____ ***Pudding, vanilla (5lb/can)***
_____ ***Sugar (6lb/can)***

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