

A Sample 3-Month Food Storage Supply

| EMERGENCY DRINKING WATER (2 week supply) | | | Total | Have | Need |
|---|---------------|-------------|-------|------|------|
| 14 gallons (about 4 x 24 ct. cases of 16.9 oz. bottles) | | | | | |
| GRAINS (75 lbs.) | Short Term | Long Term | Total | Have | Need |
| Wheat, hard (30LT) | 25 lbs. | 4 #10 (LDS) | | | |
| Flour, white | 15 lbs. | 3 #10 (LDS) | | | |
| Rice, white (30LT) | 10 lbs. | 2 #10 (LDS) | | | |
| Oats (30LT) | 5 lbs. | 2 #10 (LDS) | | | |
| Spaghetti/Macaroni (30LT) | 4 lbs. | 1 #10 (LDS) | | | |
| Pasta, other | 4 lbs. | | | | |
| Corn meal or Masa Harina | 1 lb. | | | | |
| Pancake Mix | 2 lb. | | | | |
| Cold or instant cereals | 6 box/6 lbs. | | | | |
| SUGAR (15 lbs.) | Short Term | Long Term | Total | Have | Need |
| Sugar, white (30LT) | 10 lbs. | 2 #10 (LDS) | | | |
| Sugar, brown (LT) | 2 lb. | | | | |
| Sugar, powdered (LT) | 1 lb. | | | | |
| Honey (LT) | 2 lb. | | | | |
| Corn syrup (LT) | 4 oz. | | | | |
| Jam/Jellies | 32 oz. | | | | |
| Jello | 6 oz. | | | | |
| Pudding | 6 oz. | | | | |
| Pancake syrup | 32 oz. | | | | |
| MILK (4 lbs.) | Short Term | Long Term | Total | Have | Need |
| Milk, Nonfat dry (20LT) | 4 lbs. | | | | |
| Evaporated | 1 can | | | | |
| OILS/FATS (6 lbs.) | Short Term | Long Term | Total | Have | Need |
| Cooking oil | 24 oz. | | | | |
| Olive oil | 8 oz. | | | | |
| Shortening | 1 lb. | | | | |
| Mayo/Salad dressing | 16 oz. | | | | |
| Peanut or Almond butter | 28 oz. | | | | |
| Butter, canned | 12 oz. | | | | |
| MEATS (24 lbs.) | Short Term | Long Term | Total | Have | Need |
| Chicken or Turkey | 6+ 12 oz. | | | | |
| Beef, Ham, Pork or Spam | 6+ 12 oz. | | | | |
| Tuna or Salmon | 12x6 oz. | | | | |
| TVP, various | 2.5 lb./40 oz | | | | |
| BEANS/LEGUMES (15 lbs.) | Short Term | Long Term | Total | Have | Need |
| Dry Beans, lentils, etc. (LT) | 5 lbs. | 1 #10 (LDS) | | | |
| Various canned beans | 12 cans | | | | |
| BEVERAGES | Short Term | Long Term | Total | Have | Need |
| Fruit drink mix or Tang | 1.5 lbs. | | | | |
| Hot cocoa | 1.5 lbs. | | | | |
| Apple/Fruit Juice | 3x64 oz. | | | | |

| FRUIT | Short Term | Long Term | Total | Have | Need |
|------------------------------|------------|---------------|-------|------|------|
| Apple slices (LT) | 4 oz. | 1/4 #10 (LDS) | | | |
| Applesauce | 45 oz. | | | | |
| Fruit, various etc. | 12x15 oz. | | | | |
| Raisins or other dried fruit | 16 oz. | | | | |
| VEGETABLES | Short Term | Long Term | Total | Have | Need |
| Vegetables | 12x15 oz. | | | | |
| Potatoes flakes (LT) | 4 lbs. | 2 #10 (LDS) | | | |
| Green chillies or mushrooms | 2x4 oz. | | | | |
| Pumpkin or yams | 15 oz. | | | | |
| Salsa | 24 oz. | | | | |
| Tomatoes, various canned | 6x15 oz. | | | | |
| Tomato sauce | 12x8 oz. | | | | |
| Tomato paste | 6x6 oz. | | | | |
| Spaghetti sauce | 26 oz. | | | | |
| BAKING ITEMS/SPICES | Short Term | Long Term | Total | Have | Need |
| Baking powder | 5 oz. | | | | |
| Baking soda | 4 oz. | | | | |
| Salt | 6.5 oz. | | | | |
| Yeast | 4 oz. | | | | |
| Dough enhancer (opt.) | 5.25 oz. | | | | |
| Gluten flour (opt.) | 6 oz. | | | | |
| Eggs, powdered | 8 oz. | | | | |
| Baking cocoa | 5 oz. | | | | |
| Cornstarch (LT) | 4 oz. | | | | |
| Lemon juice | 4 oz. | | | | |
| Vinegar | 8 oz. | | | | |
| Bouillon, chicken/beef | 4 oz. | | | | |
| Vanilla | 4 oz. | | | | |
| Spices, various | varies | | | | |
| Chocolate/Baking chips | 12 oz. | | | | |
| Onions, dry (LT) | 4 oz. | | | | |
| Cooking spray | 4 oz. | | | | |
| Muffin or Corn muffin Mix | 1 box | | | | |
| Brownie mix | 1 box | | | | |
| Cake mix | 1 box | | | | |
| Frosting, prepared | 1 ea. | | | | |
| Stuffing Mix | 1 box | | | | |
| Potatoes, Scalloped/AuG | 2 box | | | | |

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| CONDIMENTS | Short Term | Long Term | Total | Have | Need |
|---------------------------------|----------------|-----------|-------|------|------|
| BBQ sauce | 8 oz. | | | | |
| Ketchup | 5 oz. | | | | |
| Mustard | 3 oz. | | | | |
| Steak sauce | 4 oz. | | | | |
| Chocolate Syrup | 6 oz. | | | | |
| Parmesan Cheese | 2 oz. | | | | |
| Olives | 6 oz. | | | | |
| Salad dressings, various | 16 oz. | | | | |
| Soy sauce | 4 oz. | | | | |
| Teriyaki sauce | 4 oz. | | | | |
| Worcestershire sauce | 4 oz. | | | | |
| SOUPS/MEALS | Short Term | Long Term | Total | Have | Need |
| Broth, canned | 3x14.5 oz. | | | | |
| Macaroni & Cheese | 2 boxes | | | | |
| Ramen noodles | 12 pkgs. | | | | |
| Soup or Chili | 6 cans | | | | |
| Stew or Pasta | 6 cans | | | | |
| Soup, condensed soup | 3 cans | | | | |
| Soup, cream of mush/chick. | 4 cans | | | | |
| SNACKS | Short Term | Long Term | Total | Have | Need |
| Food bars | 24 ea. | | | | |
| Crackers | 3 boxes | | | | |
| Chips, pretzels, etc. | 2 bags | | | | |
| Popcorn | 1 lb./6 micro. | | | | |
| Fruit or applesauce cups | 12x4 or 6 pk | | | | |
| Candy | 1 lb | | | | |
| VITAMINS | | | Total | Have | Need |
| Multi-vitamin | 90 ct. | | | | |
| INFANTS (adjust as infant ages) | | | Total | Have | Need |
| Baby food | varies | | | | |
| Formula | varies | | | | |
| Diapers | varies | | | | |
| Baby wipes | varies | | | | |

| TOILETRIES | | Total | Have | Need |
|--------------------------------|----------|-------|------|------|
| Bar or liquid bath soap | 3 ea. | | | |
| Toilet paper rolls | 12 ea. | | | |
| Facial tissue | 1 ea. | | | |
| Feminine items | 90 ea. | | | |
| Deodorant/antiperspirant | 3 ea. | | | |
| Razors | 3 ea. | | | |
| Shampoo & Conditioner | 3 ea. | | | |
| Dental Floss | 3 ea. | | | |
| Toothpaste | 1 tube | | | |
| Toothbrush | 1 ea. | | | |
| Lotion | 3 ea. | | | |
| Lip balm | 1 ea. | | | |
| Sunscreen | .5 ea. | | | |
| PAPER/PLASTICS (emergency use) | | Total | Have | Need |
| Paper towels | 1 roll | | | |
| Paper plates | 200 ct. | | | |
| Paper bowls | 90 ct. | | | |
| Paper cups | 90 ct. | | | |
| Napkins | 90 ct. | | | |
| Plastic forks, knives, spoons | 90 ct. | | | |
| Plastic trash bags, 13 gal | 36 ct. | | | |
| Plastic trash bags, large | 24 ct. | | | |
| CLEANING PRODUCTS | | Total | Have | Need |
| Laundry detergent | 40 loads | | | |
| Bleach, liquid (unscented) | 96 oz. | | | |
| Dish soap, liquid | 16 oz. | | | |
| Disinfectant (like Lysol) | 16 oz. | | | |
| Cleanser (like Comet) | 1 ea. | | | |
| PETS | | Total | Have | Need |
| Pet food | varies | | | |
| Water (14 days) | varies | | | |

Amounts for one adult. Multiply for family members, but adjust for children
 List includes long-term (LT) packaged foods, however you do not have to include them in your 3-month supply unless you want to.
 Store what your family eats now.

Disclaimer: These suggested amounts may help you create your own plan. The needs of your family may vary greatly. Consider food allergies, diet and medical needs. You may wish to divide adult amounts for children or count them as adults. Do *not* divide water amounts for children. Never ration water.

LT = an item that can be stored long-term for 20 to 30 years in sealed container
 LDS = Items may be canned and purchased at an LDS Home Storage Center/Cannery.
 Go to ProvidentLiving.org for addresses.
 #10 = size of can (restaurant). You can also store in Mylar pouches.