

# Food Storage Planning Worksheet For Basic Survival

1. Store drinking **water**.

# People      Total

**Water**    14 gal. x =

per person for two weeks

2. Build a **three-month supply** of food (13 weeks) that is part of your normal daily diet.

Suggestion: Choose 7 fruits/vegetables/proteins (1 for each day of the week). Multiply by 13 weeks.

	Variety	Family Qty	Weeks	Total
<b>Fruits</b>	apple sauce		x 13 =	
	pineapple		x 13 =	
	peaches		x 13 =	
	pears		x 13 =	
			x 13 =	
			x 13 =	
			x 13 =	
<b>Vegetables</b>	corn		x 13 =	
	green beans		x 13 =	
	peas		x 13 =	
	tomatoes		x 13 =	
			x 13 =	
			x 13 =	
			x 13 =	
<b>Proteins</b>	tuna		x 13 =	
	chicken		x 13 =	
	peanut butter		x 13 =	
	pork & beans		x 13 =	
			x 13 =	
			x 13 =	
			x 13 =	

**Baking Supplies / Condiments**

**Medicines / Hygiene**

**Cleaning / Paper Products**

3. Build a **three-month supply** of food that will last a long time.

	Variety	lbs.	# People	Total
<b>Grains</b>	wheat		x	=
	white rice		x	=
	corn		x	=
	oats		x	=
	pasta		x	=
	flour		x	=
	other		x	=
	75 lbs./person/3 mo. = 75 lbs.			
<b>Dry Legumes</b>	dry beans		x	=
	split peas		x	=
	lentils		x	=
	other		x	=
	15 lbs./person/3 mo. = 15 lbs.			

	lbs.	# People	Total
<b>Sugar</b>	15 lbs.	x	=
<b>Nonfat Dry Milk</b>	4 lbs.	x	=
<b>Salt</b>	2 lbs.	x	=
<b>Cooking Oil</b>	2.5 lbs.	x	=

**Multiply totals by four to complete a one-year supply.**