

## AN APPROACH TO LONGER-TERM FOOD STORAGE

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*The kinds and amounts of food shown below likely provide adequate calories and protein for an adult for one year. However, there are many other possibilities: Adjustments should be made, based on personal needs and preferences and by experimenting with recipes. Storing other canned or dried fruits, vegetables, meats, etc. will increase nutritional value and variety, providing a more palatable and sustainable diet. **Bolded items are available at Home Storage Centers of The Church of Jesus Christ of Latter-day Saints and at** [store.ChurchofJesusChrist.org](http://store.ChurchofJesusChrist.org).*

	<u>per person amount per year</u>	<u>approximate unopened shelf-life<sup>1</sup> (years)</u>	<u>approximate weight (lbs)</u>
Water/water purification method	1 gal/day		
Grains <sup>2</sup>			
<b>Wheat</b>	24 #10 cans	30+	132
<b>Rice, white</b>	12 #10 cans	30+	65
<b>Oats, rolled</b>	12 #10 cans	20	29
Pasta, e.g., <b>macaroni, spaghetti</b>	6 #10 cans	25	21
Legumes, e.g., <b>beans</b> , split peas, lentils	12 #10 cans	25	62
<b>Milk, nonfat dry</b>	36 pouches	15	60
<b>Sugar</b> or other sweeteners <sup>3</sup>	12 #10 cans	30+	70
Salt, iodized	8 lbs	30+	
Oils <sup>4</sup>			
Cooking/salad oils, e.g., soy, olive	17 lbs (2 gallons)	1	
Butter/margarine (stored in freezer)	6 lbs	1	
Peanut butter/other butters	6 lbs	1	
<b>Apple slices, dried</b>	6 #10 cans	30	6
<b>Strawberry slices, freeze-dried<sup>5</sup></b>	6 #10 cans	30	2.5
<b>Potato flakes</b>	6 #10 cans	20	11
<b>Carrots, dried</b>	6 #10 cans	10	16
<b>Onions, dried</b>	1 #10 can	30+	2
Baking soda (1/8 tsp/cup softens old beans)	1 lb	30+	
Baking powder	4 lbs	30+	
Yeast (stored in freezer)	4 lbs	10+	
Eggs, dried (for baking, not scrambling)	2 #10 cans	3+	
Spices/seasonings/condiments		2+	
Can openers			
Grain grinder			
Recipes, that use only stored ingredients			

<sup>1</sup> Shelf-life estimates are for products stored in airtight, moisture-proof containers having low oxygen levels. A plus sign next to the years indicates the food likely has a longer shelf-life but older samples have not been evaluated. Many dried foods packaged in low oxygen will have an acceptable *taste* for many years when stored at room temperature or below; however, some *nutritional* losses will occur. Foods stored at higher temperatures (e.g., in attics, garages) have a *much shorter* shelf life. Actual shelf life varies because of original product quality, storage temperature, individual preferences, etc. Many canned dried foods when first opened will have an off odor that soon dissipates. Before discarding stored food, open the container and prepare the product; food that tastes acceptable can still be used. Preparing meals one day per week using only stored food facilitates rotating food storage every 7 years.

<sup>2</sup> **Pounds of grains are interchangeable** according to individual needs and preferences.

<sup>3</sup> Other sweeteners include honey, molasses, brown sugar, jams, jellies, and syrups.

<sup>4</sup> **Oils/fats must be stored** to provide essential nutrients and increase palatability and satiety, though they must be rotated frequently. **Pounds of oils/fats are interchangeable** according to individual preferences; storing a variety of oils/fats helps with their rotation. Items like oils that must be rotated faster than used can be donated to a food bank before their expiration date.

<sup>5</sup> **Sources of vitamin C must be stored** because consuming less than 10 mg/day vitamin C can result in life-threatening scurvy within a few months. Vitamin C tablets are economical and store well for many years but are not needed if foods containing vitamin C (like strawberries) are regularly consumed. Storing bottled multivitamins can further ensure nutritional adequacy, but they have a relatively short shelf-life.