

AN APPROACH TO LONGER-TERM FOOD STORAGE

Department of Nutrition, Dietetics and Food Science, Brigham Young University

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*The amounts of food listed below provide adequate calories and protein for an adult for one year. However, there are many other possibilities. **Adjust the kinds and amounts of food stored based on personal needs and preferences, and by experimenting with recipes.***

- Water is a critical storage item. A common recommendation is to store 14 gallons per person for a two-week supply and to rotate the water periodically. Because it is difficult to store large amounts, a means of water purification is needed.
- Shelf life: Long-term food items (most packaged in low oxygen) will generally have an acceptable taste for at least 30 years (except as noted) when stored at room temperature or below (but not freezing); however, some nutritional losses will occur. Foods stored at higher temperatures (e.g., in attics, garages) will have a much shorter shelf life.
- Short-term food items that must be rotated faster than used could be donated to a food bank before their expiration date.
- Bolded items are available at Home Storage Centers of The Church of Jesus Christ of Latter-day Saints and through the on-line store at store.churchofjesuschrist.org. (Approximate weights are calculated from weights listed under "Prepackaged Items" shown on the "Home Storage Center Order Form.")

| Long-term food items – at least 30 year shelf-life | per person amount per year | # cases (6 cans per case) | approx. weight (lbs) |
|---|---|--|-------------------------------------|
| <i>Grains (types are interchangeable based on individual preferences, e.g., 1 case of rice for 1 case of wheat)</i> | | | |
| Wheat | 24 #10 cans | 4 | 132 |
| Rice, white | 12 #10 cans | 2 | 65 |
| Oats, rolled | 12 #10 cans | 2 | 29 |
| Pasta (Macaroni or Spaghetti) | 6 #10 cans | 1 | 21 |
| Legumes (Beans , Split Peas, Lentils) | 12 #10 cans | 2 | 62 |
| Milk, nonfat dry (15 year shelf-life) | 12 #10 cans | 2 | 49 (or 28 pouches) |
| Sugar (or other sweeteners—see below) | 12 #10 cans | 2 | 70 |
| Apple Slices, dried | 6 #10 cans | 1 | 6 |
| Potato Flakes | 12 #10 cans | 2 | 22 |
| Carrots, dried (10 year shelf-life) | 3 #10 cans | - | 8 |
| Onions, dried | 1 #10 can | - | 2 |
| Salt, iodized | 8 lbs | | |
| Baking soda (for baking and to soften old beans) | 1 lb | | |
| Baking powder | 4 lbs | | |
| Vitamin C tablets (@ 90 mg) | 365 tablets | | |

| Short-term food items | approx. unopened shelf-life (years) | per person amount per year |
|--|--|---|
| <i>Fats and Oils (types are interchangeable based on individual preferences; storing a variety of fats/oils helps with rotation)</i> | | |
| Cooking/Salad Oils (e.g., soy, olive) | 1+ | 2 gallons |
| Shortening/Frying Oils | 1+ | 3 cans @ 3 lbs |
| Butter/Margarine (stored in freezer) | 1 | 6 lbs |
| Mayonnaise/Salad Dressings | 1 | 3 quarts |
| Peanut Butter/other butters | 1+ | 6 lbs |
| Fruit Drink Mix (or bottled multivitamins) | 2 | 3 #10 cans (or 8 pouches) |
| Spices/Flavorings/Bouillon/Condiments | 2+ | - |
| Eggs, dried (for baking, not frying) | 3+ | 2 #10 cans |
| Yeast | 5+ | 2 lbs |
| Other sweeteners (e.g., honey, molasses, brown sugar, jams, jellies, syrups) | | |

Storing other canned or dried fruits, vegetables, meats, etc. will increase variety and nutritional value

Nonfood items

- Can opener
- Grain grinder
- Recipes – that use only stored ingredients