

FOOD STORAGE SHOPPING LIST

cases for 1 person for 1 year supply

Total cost for 1 year supply of food type

	Pounds	#10 cans	and	Total cost
TO SURVIVE	Grains wheat, flour, rice, corn, oatmeal, pasta	400	12 cases 73	2 - white wheat 2 - red wheat 4 - rice 2 - oats 2 - pasta \$308
	Legumes pinto, navy, red, black, lentils, split pea	60	2 cases 11	1 - pinto 1 - northern \$66
	Sugar	60	2 cases 11	2 - cases \$60
	Milk	16	10 - 28 oz bags	10 - mylar bags \$40
	Salt	8	2 - 4# Boxes	2 - 4# boxes \$2
	Fats	3 gal	3 - 1 gal jugs	3 - 5 quart jugs \$24
	Water	14 gal	4 cases bottled	3 - 2 packs, 2 1/2 gal jugs \$16
TO THRIVE	FD Veggies	18 cans	18	*TOTAL COST \$516 (\$43/month)
	FD Fruits	18 cans	18	

Poundage for 1 person

FD - Freeze Dried (retains 97-98% nutrients)

Don't forget baking goods: yeast, salt, pepper, baking powder/soda, seasonings, extracts, vinegar, chocolate chips

*Current prices at Bishop's Storehouse - subject to change

www.beprepared.com

www.honeyville.com

