

# FOOD STORAGE SHOPPING LIST

		Pounds	#10 cans	I have on hand	I need to purchase
<b>TO SURVIVE</b>	<b>Grains</b> wheat, flour, rice, corn, oatmeal, pasta	400	73		
	<b>Legumes</b> pinto, navy, red, black, lentils, split pea	60	11		
	<b>Sugar</b>	60	11		
	<b>Milk</b>	16	10 - 28 oz bags		
	<b>Salt</b>	8	2 - 4# Boxes		
	<b>Fats</b>	3 gal	3 - 1 gal jugs		
	<b>Water</b>	14 gal	4 cases bottled		
	<b>TO THRIVE</b>	<b>FD Veggies</b>	18 cans	18	
<b>FD Fruits</b>		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