

One Month Supply of Shelf Stable Grocery Store Purchased Foods

For one person

Based on the MINIMUM (1600 calories) recommendations in the Food Pyramid

18 ounce box oatmeal*

1 pound rice*

20 ounces pasta*

5 pounds flour*

1 pound popcorn*

34 (15 ounce) cans vegetables

26 (15 ounce) cans fruit

2 pounds Velveeta

4 (12 ounce) cans evaporated milk*

3.2 pounds powdered milk (powder to make 4 gallons)*

1 jar (18 ounces) peanut butter*

4 (6 ounce) cans tuna

4 (5 ounce) cans chicken

4 (5 ounce) cans ham

8 (15 ounce) cans cooked dry beans*

oil*

shortening*

nuts

sugar*

syrup*

jam*

molasses*

salt*

*also considered a “basic” food storage food

NOTE: For a 2400 calorie diet, **add** 1 more box of oatmeal, 1 pound of rice, 40 ounces of pasta, 1 pound of popcorn, 17 cans of vegetables, 8 cans of fruit, 1 can of chicken, 1 can of ham and 5 cans of cooked dry beans.