

BASIC FOODS FOR HOME STORAGE- Inventory Worksheet
Suggested Amounts

	1 person Need Have	2 People Need Have	3 People Need Have	4 People Need Have	__ # of People Need Have
GRAINS (in pounds) (Wheat, Rice, Corn, Oats, Barley, Pasta, etc) Equals slightly over 1lb. (2cups) per day	400 _____	800 _____	1200 _____	1600 _____	_____
LEGUMES (in pounds) (Dry beans, split peas, lentils, soybeans, peanuts, etc.) Equal approx. 1/3 cup per day	60 _____	120 _____	180 _____	240 _____	_____
POWDERED MILK (in pounds) Equals one glass of milk per day	16 _____	32 _____	48 _____	64 _____	_____
COOKING OIL (in quarts) Equals 1/10 th cup per day	10 _____	20 _____	30 _____	40 _____	_____
Salt (in pounds) Equals 2 teaspoons per day	8 _____	16 _____	24 _____	32 _____	_____
Water (2 weeks) Equals 2 gallons per day	14 _____	28 _____	42 _____	56 _____	_____

Children Consumption Estimations

AGE	% of Adult Portion
Under 3	50%
4 to 6	70%
7 to 10	90%
11+	100%

Note: Children, pregnant and nursing mothers need more milk than other family members.