Basic Food Storage List

GRAINS = 400 lbs per adult

_____ Barley
_____ Cereal
_____ Corn (meal or Dent)
_____ Cous Cous
_____ ***Flour*** *(4lb/can)*
_____ Millet
_____ ***Multi grain soup mix****(5lb/can)*
_____ ***Oats, rolled quick****(3lb/can)*
_____ ***Oats, rolled regular****(3lb/can)*
_____ Popcorn
_____ Rye
_____ Sprouting Seeds
_____ ***Wheat****(6lb/can)*
_____ ***White Rice****(6lb/can)*

Pastas

_____ ***Macaroni****(3lb/can)*
_____ Noodles
_____ ***Spaghetti****(4lb/can)*

MILK / DAIRY = 75 lbs per adult

_____ Brick cheese
_____ Canned Milk
_____ Canned sour cream
_____ Cheese spreads
_____ Condensed milk
_____ Dried cheese
_____ Dried eggs
_____ Infant formula
_____ Non-dairy creamer
_____ ***Non-fat dry milk****(4lb/can)*
_____ Powdered cheese
_____ Powdered sour cream

JUICES/BEVERAGES = 25 lbs

_____ Apple juice
_____ Apricot nectar
_____ Baby strained juices
_____ ***Cocoa drink mix****(4lb/can)*
_____ Cranberry juice
_____ ***Dried juice mix****(6lb/can)*
_____ Grapefruit juice
_____ Grape juice
_____ Kool-aid
_____ Lemonaid
_____ Orange juice
_____ Pineapple juice
_____ Plum juice
_____ Prune juice
_____ Punch crystals
_____ Soft drink mixes
_____ Soft drinks
_____ Tomato juice
_____ V-8 juice

FATS / OILS = 20 lbs per adult

_____ Butter
_____ Cooking oil
_____ Lard
_____ Margarine
_____ Mayonnaise
_____ Olive Oil (extra virgin)
_____ Peanut butter
_____ Powdered butter
_____ Powdered margarine
_____ Powdered shortening
_____ Salad dressing
_____ Shortening

CANNED or DRIED MEATS (20 lbs per adult)

_____ Bacon
_____ Beef
_____ Beef jerky
_____ Chicken
_____ Clams
_____ Corned beef
_____ Crabmeat
_____ Deviled meats
_____ Fish
_____ Ham
_____ Hamburger
_____ Lamb
_____ Lunch meats
_____ Mutton
_____ Pepperoni
_____ Pork
_____ Tuna
_____ Salmon
_____ Sandwich spreads
_____ Sardines

_____ Sausage
_____ Shrimp
_____ Spam
_____ Treet
_____ Turkey
_____ TVP- Textured vegi Protein
_____ Veal
_____ Venison jerky
_____ Vienna sausage

AUXILIARY FOODS

_____ Baking powder
_____ Baking soda
_____ Cake mixes
_____ Calcium supplement
_____ Casserole mixes
_____ Chow mein noodles
_____ Cookies
_____ Cookie mixes
_____ Cornstarch
_____ Crackers
_____ Cream of tartar
_____ Hot roll mixes
_____ Hydrated lime (for tortillas)
_____ Instant breakfast
_____ Instant yeast
_____ Iron supplement
_____ Marshmallows
_____ MREs
_____ Muffin mixes
_____ Non perishable pet foods
_____ Pancake mixes
_____ Pastry mixes
_____ Pectin
_____ Pie crust mixes
_____ Pie fillings
_____ Pizza mixes
_____ Plain gelatin
_____ Rennin tablets
_____ Salt
_____ Sourdough starter
_____ Survival bars
_____ Tofu Solidifier
_____ Vitamins and minerals
_____ Whipped topping mixes

FRUITS and VEGETABLES

90 lbs Dried, 370qts canned, 370Lbs fresh

Fruits

_____ ***Apples*** *(2lb/can)*
_____ Applesauce
_____ Apricots
_____ Peaches
_____ Berries
_____ Cherries
_____ Coconut
_____ Currants
_____ Figs
_____ Fruit cocktail
_____ Grapefruit
_____ Grapes
_____ Mandarin oranges
_____ Nectarines
_____ Olives
_____ Pears
_____ Peaches
_____ Pineapples
_____ Plums
_____ Prunes
_____ Raisins
_____ Tomatoes

BEANS & LEGUMES

(90 lbs per adult)

_____ ***Beans,*** *pink(5lb/can)*
_____ ***Beans,*** *pinto(5lb/can)*
_____ ***Beans,*** *white(5lb/can)*
_____ Lentils
_____ Nuts
_____ Peas
_____ Sprouting beans and seeds
_____ Soybeans

Vegetables

_____ Artichoke hearts
_____ Asparagus
_____ Beans
_____ Beets
_____ Broccoli
_____ Brussels sprouts
_____ ***Carrots*** *(3lb/can)*
_____ Cauliflower

BOLD ITALIC items are available from the LDS cannery

_____ Celery
_____ Corn-sweet
_____ Green beans
_____ Hominy
_____ Mushrooms
_____ Okra
_____ ***Onions*** *(2lb/can)*
_____ Parsnips
_____ Peas
_____ Peppers
_____ Pickles
_____ ***Potatoes, flakes*** *(1.5lb/can)*
_____ ***Potatoes, pearls*** *(3lb/can)*
_____ Pumpkins
_____ Rhubarb
_____ Rutabagas
_____ Salsify
_____ Sauerkraut
_____ Soups
_____ Spinach
_____ Squash
_____ Sweet potatoes (yams)
_____ Tomatos
_____ Tomato powder
_____ Turnips
_____ Water chestnuts

SPICES / CONDIMENTS

_____ Almond extract
_____ Allspice
_____ Baking chocolate
_____ Basil
_____ BBQ sauce
_____ Bouillon cubes / granules
Beef, chicken, onion, vegetable flavors
_____ Cayenne pepper
_____ Celery salt
_____ Chili powder
_____ Chives
_____ Chocolate chips
_____ Chocolate syrup
_____ Cinnamon
_____ Cloves
_____ Cocoa
_____ Coriander
_____ Cumin
_____ Curry
_____ Dill weed
_____ Garlic salt
_____ Ginger
_____ Gravy mixes
_____ Herbs
_____ Ketchup
_____ Lemon extract
_____ Lemon / lime juice
_____ Liquid smoke
_____ Majoram
_____ Maple extract
_____ Nutmeg
_____ Onion flakes
_____ Onion salt
_____ Orange peel

_____ Oregano
_____ Paprika
_____ Pepper
_____ Poultry Seasoning
_____ protein supplement
_____ Sage
_____ Salad dressings
_____ Salt (**5 lbs per adult**)
_____ Sauce mixes
_____ Seasoned salt
_____ Spaghetti sauce
_____ Soy sauce
_____ Steak sauce
_____ Tarragon
_____ Thyme
_____ Turmeric
_____ Vanilla extract
_____ Vinegar
_____ Worcestershire sauce

SUGARS = 60 lbs per adult

_____ Corn syrup
_____ Hard candy
_____ Honey
_____ Jello
_____ Jelly or jam
_____ Maple syrup
_____ Molasses
_____ ***Pudding,*** *chocolate (5lb/can)*
_____ ***Pudding,*** *vanilla (5lb/can)*
_____ ***Sugar*** *(6lb/can)*