

## A Sample 3-Month Food Storage Supply

Amounts for one adult. Multiply as needed for family, but also adjust.

This list includes long-term (LT) packaged foods, however you do not need to put them in your 3-month supply in long-term containers. Store what your family eats now.

When you are ready to store them in long-term containers, you have a 3-month amount shown.

For example, spaghetti has a 3 year shelf, but can be also be stored long-term for 30 years.

			# of Family Members =		
EMERGENCY DRINKING WATER (2 week supply)			Total	Have	Need
14 gallons (about 4 x 24 ct. cases of 16.9 oz.. Bottles)					
GRAINS (75 lbs.)	Short Term	Long Term	Total	Have	Need
Wheat, hard (30LT)	25 lbs.	4 #10 cans (LDS)			
Flour, white	15 lbs.	3 #10 cans (LDS)			
Rice, white (30LT)	10 lbs.	2 #10 cans (LDS)			
Oats (30LT)	5 lbs.	2 #10 cans (LDS)			
Spaghetti/Macaroni (30LT)	4 lbs.	1 #10 cans (LDS)			
Pasta, other	4 lbs.				
Corn meal or Masa Harina	1 lb.				
Pancake Mix	2 lb.				