

**President Ezra Taft Benson: "To the Fathers in Israel," October 1987**

I ask you earnestly, have you provided for your family a year's supply of food, clothing and, where possible, fuel? The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.

**AN APPROACH TO LONGER-TERM FOOD STORAGE**

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The amounts of food listed below provide adequate calories and protein for an adult for one year. However, there are many other possibilities. **Adjust the kinds and amounts of food stored based on personal needs and preferences, and by experimenting with recipes.**

- **WATER** is a critical storage item. A common recommendation is to store **14 gallons per person** for a two-week supply and to rotate the water periodically. Because it is difficult to store large amounts, a means of water purification is needed.
- **SHELF LIFE:** Long-term food items (most packaged in low oxygen) will generally have an acceptable taste for at least 30 years (except as noted) when stored at room temperature or below (but not freezing); however, some nutritional losses will occur. Foods stored at higher temperatures (e.g., in attics, garages) will have a much shorter life.
- **SHORT-TERM FOOD ITEMS** must be rotated faster. Most will store from 6 months to two years. Set up a rotation schedule.
- **BOLD ITEMS** are available at Home Storage Centers of the Church of Jesus Christ of Latter-day Saints and through the on-line store at [store.churchofJesusChrist.org](http://store.churchofJesusChrist.org). (Approximate weights are calculated from weights listed under "Prepackaged Items" shown on the "Home Storage Center Order Form.")

	Per person amount per year	#cases (6 cans per case	Approx weight (lbs)
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**Long-term food items—at least 30 year shelf life**

**GRAINS** (types are interchangeable based on individual preferences, e.g. 1 cs of rice for 1 cs of wheat)

<b>WHEAT</b>	24 #10 cans	4	132
<b>RICE</b> , white	12 #10 cans	2	65
<b>OATS</b> , rolled	12 #10 cans	2	29
<b>OATS</b> , quick (optional)	12 #10 cans	2	29
<b>PASTA</b> (Macaroni/Spaghetti Bites)	6 #10 cans	1	21

<b>BEANS</b> (Black, Pinto, Great Northern)	12 #10 cans	2	62
<b>MILK</b> , nonfat dry (20 yr shelf life)	28 pouches		49
<b>SUGAR</b> , white	12 #10 cans	2	70
(and/or other sweeteners—see below)			
<b>APPLE SLICES</b> , dried	6 #10 cans	1	6
<b>POTATO FLAKES</b>	12 #10 cans	2	22
<b>CARROTS</b> , dried (10 yr shelf life)	3 #10 cans		8
<b>ONIONS</b> , dry	1 #10 can		2
SALT, iodized	8 lbs		
BAKING SODA (for baking & to soften old beans)	1 lb		
BAKING POWDER	4 lbs		
VITAMIN C tablets (@ 90 mg)	365 tablets		

	Approx Unopened shelf-life (years)	Per person amount per year
<b>SHORT-TERM FOOD ITEMS</b>		
FATS & OILS (types are interchangeable based on individual preferences; storing a variety of fats/oils helps with rotation)		
Cooking/Salad oils (e.g. soy, olive)	1+	2 gallons
Shortening/Frying oils	1+	3 cans @ 3 lbs
Butter/Margarine (stored in freezer)	1	6 lbs
Mayonnaise/Salad dressing	1	3 qts
Peanut Butter/other butters	1+	6 lbs
SPICES/FLAVORINGS/BOUILLON/CONDIMENTS 2+		
EGGS, dried (for baking only)	3+	
YEAST	5+	2 lbs
HONEY (long-term)	30	2 lbs
BROWN SUGAR	2	2 lbs
<b>PANCAKE MIX</b> (pouch)	2	10 pouches
<b>FLOUR</b> , white	10	180 lbs
<b>COCOA</b> , hot (pouch)	2	30 lbs
Other sweeteners (e.g. molasses, jams, jellies, syrups)		

Storing other canned or dried fruits, vegetables, meats, etc. will increase variety and nutritional value.

**NON-FOOD ITEMS:**

- Can Opener
- Grain grinder
- Recipes (that use only stored ingredients)