



MY FOOD STORAGE LIST

Basics & Sweeteners

for a 12 month supply it is recommended that you have a minimum of 90 lbs per person

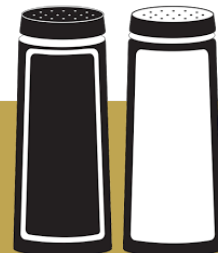
$$90 \text{ lbs} \times \frac{\text{---}}{\text{(# of people)}} = \text{---} \quad \left(\begin{array}{l} 5 \text{ lbs of salt} \\ 20 \text{ lbs of oils} \\ 60 \text{ lbs sweetener} \end{array} \right)$$

Item	can size & weight	on hand	need
Almond Extract			
Baking Cocoa			
Baking Powder			
Baking Soda			
Bouillon, Beef			
Bouillon, Chicken			
Chili Powder			
Cinnamon			
Cloves			
Corn Starch			
Cream Of Tarter			
Dough Enhancer			
Drink Mix			
Garlic Powder			
Gelatin			
Lemon Pepper			
Nutmeg			
Olive Oil			

**EASY

TIPS**

NEVER UNDERESTIMATE THE BASICS.
THEY FLAVOR OUR FOODS AND KEEP
THEM TASTING GOOD. KEEP A HAPPY FAMILY.



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MY FOOD STORAGE LIST

Basics & Sweeteners (cont)

for a 12 month supply it is recommended that you have a minimum of 90 lbs per person

$$90 \text{ lbs} \times \frac{\text{---}}{\text{(# of people)}} = \text{---} \quad \begin{matrix} (5 \text{ lbs of salt}) \\ (20 \text{ lbs of oils}) \\ (60 \text{ lbs sweetener}) \end{matrix}$$

Item	can size & weight	on hand	need
Onion Powder			
Pepper			
Salt			
Shortening			
Shortening Powder			
Vanilla Extract			
Vegetable Oil			
Vinegar			
Yeast			
Wheat Gluten			
Sweeteners			
Brown Sugar			
Corn Syrup			
Honey			
Honey Powder			
Maple Syrup			
Powdered Sugar			
White Sugar			

EASY TIPS

START OF SMALL. SAMPLE WHAT YOU BUY.
ENSURE YOU LIKE WHAT YOU SAMPLE. THERE IS
NOTHING WORSE THAN 100LBS OF YUCK.



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MY FOOD STORAGE LIST

Meats

for a 12 month supply it is recommended that you have a minimum of 18 lbs per person

18 lbs x _____ = _____
(# of people)

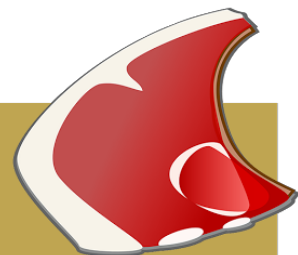
Note: If you store meat then only 27 lbs of beans per person is required.

Item	can size & weight	on hand	need
Beef Dices (FD)			
Chicken Dices (FD)			
Chicken Slices (FD)			
Ground Beef (FD)			
Ham (FD)			
Roast Beef (FD)			
Sausage (FD)			
Turkey (FD)			
Egg White Powder			
Scrambled Egg Mix			
Whole Egg Powder			

(fd) = Freeze Dried

**EASY
TIPS**

FREEZE DRIED FOODS LAST 25+ YEARS.
NOTHING ELSE EVEN COMES CLOSE.
THEY ALSO REQUIRE NO ADDITIVES!



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MY FOOD STORAGE LIST

Vegetables (cont.)

for a 12 month supply it is recommended that you have a minimum of 17 lbs per person

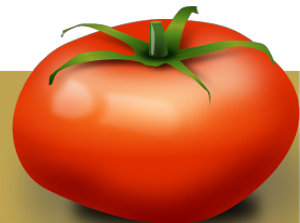
17 lbs x =
(# of people)

Item	can size & weight	on hand	need
Potato Flakes			
Split Green Peas			
Spinach (FD)			
Tomato Dices (FD)			
Tomato Powder			
Zucchini (FD)			

(fd) = Freeze Dried

**EASY
TIPS**

YOU CAN DO YOUR OWN CANNING IF YOU CAN YOUR OWN PRODUCT IN #10 CANS. JUST VISIT A CANNERY FOR MORE INFO.



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MY FOOD STORAGE LIST

Beans

for a 12 month supply it is recommended that you have a minimum of 60 lbs per person

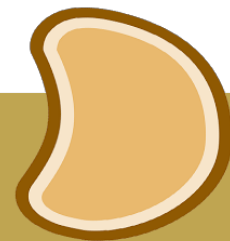
60 lbs x $\frac{\text{---}}{\text{(# of people)}}$ = -----

Item	can size & weight	on hand	need
Black Beans			
Black Beans, Instant			
kidney Beans			
Lentils			
Lima Beans			
Pinto Beans			
Pinto Beans, Instant			
Red Beans			
Red Beans, Instant			
Soy Beans			
White Navy Beans			

(fd) = Freeze Dried

**EASY
TIPS**

WHAT TYPE OF FOOD HAS VIRTUALLY NO FAT
MORE FIBER THAN MOST WHOLE GRAIN FOODS
AND IS VERY HIGH IN PROTEIN? BEANS!



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MY FOOD STORAGE LIST

Grains

for a 12 month supply it is recommended that you have a minimum of 300 lbs per person

300 lbs x =
(# of people)

Item	can size & weight	on hand	need
9 grain cracked cereal			
10 grain pancake mix			
Amaranth			
Barley			
Corn Meal			
Egg Noodle Pasta			
Flour, White			
Flour, Wheat			
Germade (Wheat Cereal)			
Lasagna Noodles			
Macaroni Noodles			
Millet			
Oat Groats			
Oats (Quick)			
Oats (Regular)			
Quinoa			
Rice			
Flour			

EASY TIPS

9 GRAIN CRACKED CEREAL EQUATES TO BE ABOUT 10 CENTS PER SERVING. IT'S VERY HEALTHY AND INEXPENSIVE.



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MY FOOD STORAGE LIST

Grains (Cont.)

for a 12 month supply it is recommended that you have a minimum of 300 lbs per person

300 lbs x =
(# of people)

Item	can size & weight	on hand	need
Rice, Instant Brown			
Rice, Instant White			
Spaghetti Noodles			
Spelt			
Wheat, Hard Red			
Wheat, Hard White			

EASY TIPS

MILLET IS HIGH IN PROTEIN & NON ALLERGENIC
IT IS ALSO GLUTEN FREE AND A GREAT GRAIN
FOR SENSITIVE INDIVIDUALS.



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MY FOOD STORAGE LIST

Fruits

for a 12 month supply it is recommended that you have a minimum of 20 lbs per person

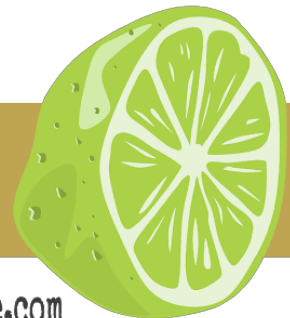
20 lbs x $\frac{\text{---}}{\text{(# of people)}}$ = -----

Item	can size & weight	on hand	need
Apple sauce			
Apple slices			
Apples (fd)			
Apricots (fd)			
Banana slices (fd)			
Blackberries (fd)			
Cherries (fd)			
Grapes (fd)			
Mangos (fd)			
Peach slices (fd)			
Pears (fd)			
Pineapple Chunks (fd)			
Raspberries (fd)			
Strawberries, siced (fd)			

(fd) = Freeze Dried

EASY TIPS

FREEZE DRIED FOODS MAINTAIN A BETTER APPEARANCE ONCE REANIMATED. IT IS OFTEN SAID THE TASTE NOTICEABLY BETTER.



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MY FOOD STORAGE LIST

Dairy

for a 12 month supply it is recommended that you have a minimum of 87 lbs per person

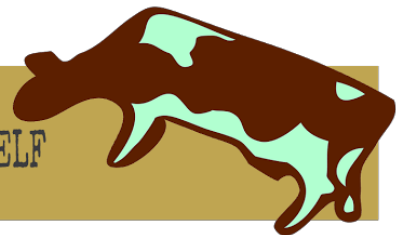
87 lbs x = (35 pounds of milk)
(# of people)

Item	can size & weight	on hand	need
Butter, Powdered			
Cheese Blend			
Cheese, Cheddar (fd)			
Cheese, Colby (fd)			
Cheese, Monterey Jack (fd)			
Chocolate Drink Mix			
Ice Cream (fd)			
Milk, Instant			
Milk Powdered			
Sour Cream Powder			
Yogurt (fd)			

(fd) = Freeze Dried

EASY TIPS

MANY FREEZE DRIED DAIRY PRODUCTS IF STORED PROPERLY CAN BOAST A SHELF LIFE OF OVER 30 YEARS. MOOOOO.



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