



"Preserving Our Families... Strengthening Our Communities"

BASIC FOOD STORAGE

Basic Food Storage per Adult for One Year

- 400# Grains (Includes wheat, flour, rice, corn, oatmeal and pasta)
- 60# Legumes (Dry beans, split peas, lentils, etc.)
- 16# Powdered Milk
- 10 Quarts Cooking Oil
- 60# Sugar or Honey
- 8# Salt
- 14 gallons Water (2 week supply)

Basic Food Storage per Adult for One Month

- 3 #10 cans Wheat*****Shelf Life 20+years
- 1 #10 cans White Flour*****Shelf Life 3-5 years
- 2 #10 cans White Rice*****Shelf Life 3-4 years
- 1 #10 can Quick Oats*****Shelf Life 4-5 years
- 1 #10 can Pasta*****Shelf Life 6-8 years
- 1 #10 can Beans*****Shelf Life 6-8 years
- 1 #10 can Sugar/Honey*****Shelf Life 20+years
- 1 #10 can Powdered Milk*****Shelf Life 2-3 years
- 1 Bottle Cooking Oil*****Shelf Life 2 years
- 1 Canister Salt*****Shelf Life 20+ years

*These are lists of very basic foods that will sustain life and provide necessary nutrients. Grains can be sprouted to provide greens and added vitamins. Storing additional canned and dehydrated food items will provide a more interesting and satisfying diet. Peanut butter is an excellent item to store for added protein.

WHOLE WHEAT CEREAL ---In a Thermos

To prepare whole wheat cereal without cooking, use a thermos bottle as follows:

- Fill thermos 1/4 full of wheat, fill bottle to top with boiling water.



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- Drain, then fill again 3/4 full with boiling water
- Cap and let stand overnight. Wheat cereal is then ready to serve.

COOKING BEANS

Basic Bean cooking rules:

- One cup or more of beans for each quart of water.
- Wash beans thoroughly before cooking
- Use cold water and bring to rolling boil.
- Reduce heat to a simmer and cook 8 - 12 hours or until tender.
- Simmer with seasonings: Dehydrated minced onions or carrots, celery or parsley flakes, salt, boullion, etc.