

# A Sample 3-Month Food Storage Supply

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 (LDS)			
Flour, white	15 lbs.	3 #10 (LDS)			
Rice, white (30LT)	10 lbs.	2 #10 (LDS)			
Oats (30LT)	5 lbs.	2 #10 (LDS)			
Spaghetti/Macaroni (30LT)	4 lbs.	1 #10 (LDS)			
Pasta, other	4 lbs.				
Corn meal or Masa Harina	1 lb.				
Pancake Mix	2 lb.				
Cold or instant cereals	6 box/6 lbs.				
SUGAR (15 lbs.)	Short Term	Long Term	Total	Have	Need
Sugar, white (30LT)	10 lbs.	2 #10 (LDS)			
Sugar, brown (LT)	2 lb.				
Sugar, powdered (LT)	1 lb.				
Honey (LT)	2 lb.				
Corn syrup (LT)	4 oz.				
Jam/Jellies	32 oz.				
Jello	6 oz.				
Pudding	6 oz.				
Pancake syrup	32 oz.				
MILK (4 lbs.)	Short Term	Long Term	Total	Have	Need
Milk, Nonfat dry (20LT)	4 lbs.	1 #10 (LDS)			
Evaporated	1 can				
OILS/FATS (6 lbs.)	Short Term	Long Term	Total	Have	Need
Cooking oil	24 oz.				
Olive oil	8 oz.				
Shortening	1 lb.				
Mayo/Salad dressing	16 oz.				
Peanut or Almond butter	28 oz.				
Butter, canned	12 oz.				
MEATS (24 lbs.)	Short Term	Long Term	Total	Have	Need
Chicken or Turkey	6+ 12 oz.				
Beef, Ham, Pork or Spam	6+ 12 oz.				
Tuna or Salmon	12x6 oz.				
TVP, various	2.5 lb./40 oz				
BEANS/LEGUMES (15 lbs.)	Short Term	Long Term	Total	Have	Need
Dry Beans, lentils, etc. (LT)	5 lbs.	1 #10 (LDS)			
Various canned beans	12 cans				
BEVERAGES	Short Term	Long Term	Total	Have	Need
Fruit drink mix or Tang	1.5 lbs.	1/4 #10 (LDS)			
Hot cocoa	1.5 lbs.	1/4 #10 (LDS)			
Apple/Fruit Juice	3x64 oz.				

FRUIT	Short Term	Long Term	Total	Have	Need
Apple slices (LT)	4 oz.	1/4 #10 (LDS)			
Applesauce	45 oz.				
Fruit, various etc.	12x15 oz.				
Raisins or other dried fruit	16 oz.				
VEGETABLES	Short Term	Long Term	Total	Have	Need
Vegetables	12x15 oz.				
Potatoes flakes (LT)	4 lbs.	2 #10 (LDS)			
Green chilies or mushrooms	2x4 oz.				
Pumpkin or yams	15 oz.				
Salsa	24 oz.				
Tomatoes, various canned	6x15 oz.				
Tomato sauce	12x8 oz.				
Tomato paste	6x6 oz.				
Spaghetti sauce	26 oz.				
BAKING ITEMS/SPICES	Short Term	Long Term	Total	Have	Need
Baking powder	5 oz.				
Baking soda	4 oz.				
Salt	6.5 oz.				
Yeast	4 oz.				
Dough enhancer (opt.)	5.25 oz.				
Gluten flour (opt.)	6 oz.				
Eggs, powdered	8 oz.	1/4 #10 (LDS)			
Baking cocoa	5 oz.				
Cornstarch (LT)	4 oz.				
Lemon juice	4 oz.				
Vinegar	8 oz.				
Bouillon, chicken/beef	4 oz.				
Vanilla	4 oz.				
Spices, various	varies				
Chocolate/Baking chips	12 oz.				
Onions, dry (LT)	4 oz.				
Cooking spray	4 oz.				
Muffin or Corn muffin Mix	1 box				
Brownie mix	1 box				
Cake mix	1 box				
Frosting, prepared	1 ea.				
Stuffing Mix	1 box				
Potatoes, Scalloped/AuG	2 box				

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CONDIMENTS	Short Term	Long Term	Total	Have	Need
BBQ sauce	8 oz.				
Ketchup	5 oz.				
Mustard	3 oz.				
Steak sauce	4 oz.				
Chocolate Syrup	6 oz.				
Parmesan Cheese	2 oz.				
Olives	6 oz.				
Salad dressings, various	16 oz.				
Soy sauce	4 oz.				
Teriyaki sauce	4 oz.				
Worcestershire sauce	4 oz.				
SOUPS/MEALS	Short Term	Long Term	Total	Have	Need
Broth, canned	3x14.5 oz.				
Macaroni & Cheese	2 boxes				
Ramen noodles	12 pkgs.				
Soup or Chili	6 cans				
Stew or Pasta	6 cans				
Soup, condensed soup	3 cans				
Soup, cream of mush/chick.	4 cans				
SNACKS	Short Term	Long Term	Total	Have	Need
Food bars	24 ea.				
Crackers	3 boxes				
Chips, pretzels, etc.	2 bags				
Popcorn	1 lb./6 micro.				
Fruit or applesauce cups	12x4 or 6 pk				
Candy	1 lb				
VITAMINS			Total	Have	Need
Multi-vitamin	90 ct.				
INFANTS (adjust as infant ages)			Total	Have	Need
Baby food	varies				
Formula	varies				
Diapers	varies				
Baby wipes	varies				

Amounts for one adult. Multiply for family members, but adjust for children  
List includes long-term (LT) packaged foods, however you do not have to  
include them in your 3-month supply unless you want to.  
Store what your family eats now.

LT = an item that can be stored long-term for 20 to 30 years in sealed container  
LDS = Items may be canned and purchased at an LDS Home Storage Center/Cannery.  
Go to [ProvidentLiving.org](http://ProvidentLiving.org) for addresses.  
#10 = size of can (restaurant). You can also store in Mylar pouches.

TOILETRIES	Total	Have	Need
Bar or liquid bath soap	3 ea.		
Toilet paper rolls	12 ea.		
Facial tissue	1 ea.		
Feminine items	90 ea.		
Deodorant/antiperspirant	3 ea.		
Razors	3 ea.		
Shampoo & Conditioner	3 ea.		
Dental Floss	3 ea.		
Toothpaste	1 tube		
Toothbrush	1 ea.		
Lotion	3 ea.		
Lip balm	1 ea.		
Sunscreen	.5 ea.		
PAPER/PLASTICS (emergency use)	Total	Have	Need
Paper towels	1 roll		
Paper plates	200 ct.		
Paper bowls	90 ct.		
Paper cups	90 ct.		
Napkins	90 ct.		
Plastic forks, knives, spoons	90 ct.		
Plastic trash bags, 13 gal	36 ct.		
Plastic trash bags, large	24 ct.		
CLEANING PRODUCTS	Total	Have	Need
Laundry detergent	40 loads		
Bleach, liquid (unscented)	96 oz.		
Dish soap, liquid	16 oz.		
Disinfectant (like Lysol)	16 oz.		
Cleanser (like Comet)	1 ea.		
PETS	Total	Have	Need
Pet food	varies		
Water (14 days)	varies		

**Disclaimer:** These suggested amounts may help you create your own plan.  
The needs of your family may vary greatly. Consider food allergies, diet  
and medical needs. You may wish to divide adult amounts for children  
or count them as adults. Do *not* divide water amounts for children.  
Never ration water.