

US Preppers

Long Term Food Storage Checklist

As many of you know, water is the most important emergency essential but food finishes at a very close second. The average person can last, at most, 8 weeks without food as long as they have water. But who wants to? And in an emergency situation how could you possibly function without regular, albeit rationed, meals?

Now the selection of food types and preservation methods are broad, it is best to simmer it down to how many calories do we need each day. For the average, moderately active person between the ages of 14-40, 2,000-2,800 calories a daily is sufficient. The Institute of Medicine (IOM) recommends 45-65% of those calories (about 130 grams) be carbohydrates with 10% (but not more than 35%) as protein. Carbohydrates can be found in grains (wheat, oats, rice), beans and starchy vegetables (potatoes, yams, peas, corn) and fruits. Sources of protein also include beans and vegetables like peas but are also found in nuts and any source of meat. Keep these varieties in mind for your own pantries and storage.

This food storage checklist contains the minimum recommended requirements for one adult to maintain for one year.

Adults engaged in heavy physical labor should multiply your food storage by 1.25-1.50

For an adult Female multiply by 0.75

For children 1-3 years old multiply by 0.3

For children 4-6 years old multiply by 0.5

For children 7-9 years old multiply by 0.75

Minimum Emergency Food Storage Supply

Grains such as a variety of flour, oats, rice, etc. (400lbs)	
TIP: Try mixing it up and use a variety of different flour when making bread or pasta. This not only adds great flavor but adding just 10% rye flour (by weight) to a batch of wheat bread or pasta helps make a more complete protein.	
Preserved Meats And Meat substitutes (20lbs)	
Freeze dried, dehydrated or smoked meats are the best and fastest options when preserving meat for long term storage. Unless you are very familiar with these preservation techniques, your best and safest bet is to purchase these items from one of our recommended long term food storage suppliers. TIP: Textured Vegetable protein is a great protein packed alternative to preserved meats.	
Legumes and beans like pinto, black, soy or lentil beans, (90lbs)	
TIP: stock up on extra soybeans and learn how to make tofu and soy milk. Both are easy to make and packed with protein. TIP: Familiarize yourself with sprouting techniques, as sprouted beans are packed with protein	
Powdered Milk And Dairy products (75lbs)	

Powdered milk can be used to make a variety of things, even cottage, cream, hard cheeses and yogurt. Ideally, you want to purchase powdered milk products that are fortified with Vitamins A&D.	
TIP: Whole eggs are far superior in flavor and nutritional value to their powdered cousins. To store them long-term, simply coat the shells with a little mineral oil. This helps prevent oxygen absorption and adds months to their shelf life.	
Fruits And Vegetables (90lbs)	
For long term storage, fruits and vegetables are best dehydrated or freeze-dried and can be used to add flavor to just about anything. Try making your own dehydrated soup, stew or pasta sauce mixes. Freeze dried or dehydrated fruits are a great addition to pancakes, muffins, breads and hot cereals.	
TIP: If you choose to go the DIY route, make sure to purchase some moisture and oxygen absorption packets to avoid spoilage.	
Oils And Fats (25lbs)	
Essential fats and oils boost much needed calories from stored emergency food, and supply your body with important essential fatty acids.	
TIP: Try to avoid oils and fats like olive and nut oils and unrendered lards that spoil quickly. They are expensive, taste terrible when spoiled and can potentially make you very sick.	
Sugars (60lbs)	
Although there's nothing wrong with good old fashioned refined sugar, honey is your best friend in this situation. Why you ask... well, it not only stores easily, never spoils, and adds great flavor, it also has antibacterial properties for minor cuts, scrapes and burns.	
TIP: Having a variety of sweets and candies on hand really helps with appetite fatigue and in a pinch, can give you a much needed energy boost when needed.	
Auxiliary and supplemental food supplies (weights will vary)	
Having a good supply of vitamins and protein powders is always a good idea. They will not only boost nutrition levels of foods in general, but can keep you going as a last resort if supplies start to run low.	
Here are some suggested supplemental foods to include in your emergency food storage:	
Powered Sports drink	
these contain valuable vitamins, minerals and electrolytes.	
Salt	
Salt has literally a thousand uses. From curing and preserving meats and vegetables to an extremely valuable item to barter.	
Coffee and Tea	
for obvious reasons	
Baking Soda	
for cooking, baking and cleaning	
Nuts And Seeds	
Nuts and seeds are packed with protein, fat and are easy to eat on the go.	
Cookies and other tasty snack foods.	

These not only help with appetite fatigue but are great comfort and stress foods.	
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NOTE:

Folks, when you do the math and get right down to it, this is not much food. Just 2.2lbs total a day! Stock up on the basic supplies, then begin to add the foods that your family enjoys right away to add nutrition, variety, flavor and provide you and your family with more than just the bare minimum survival diet.