

One Year Food Supply Calculations

BARE-MINIMUM Food storage requirements for 1 adult male for 1 year Appx. 2,300 calories per day. (only 695lbs total) This will keep you fed, but leave you hungry.

TOTAL FOOD PER DAY = 24.65 Ounces

Grains (400lbs)

Unless your family already eats 100% whole wheat homemade bread, white flour should be used in the transition process to whole wheat. Adding rye flour (10%) helps make wheat bread a more complete protein. Dent corn is used to make tortillas.

Beans & Legumes (90lbs)

Black beans cook quickly, make a good salad complement with a vinaigrette dressing over them. Soybeans can be used to make soy milk and tofu, a protein food you should be prepared to make. Familiarize yourself with sprouting techniques. Learn how to make wheat grass juice - the best vitamin supplement you can use.

Milk-Dairy products (75lbs)

Milk powder can be used to make cottage cheese, cream cheese and hard cheeses. Ideally your milk should be fortified with Vitamins A & D. When reconstituting aerate to improve flavor (special mixing pitchers can accomplish this). Whole eggs are the best all-purpose egg product. Powdered sour cream has a limited shelf life unless frozen.

Meats / Meat substitute (20lbs)

Use meat in soups, stews and beans for flavor. Freeze dried is the best option for real meat. Textured Vegetable protein is the main alternative to freeze dried meats.

Fats / Oils (20lbs)

This group can boost the calories one is getting from food storage products, and supply essential fatty acids.

Sugars (60lbs)

Store your honey in 5-gallon pails. Candy and other sweets can help with appetite fatigue.

Fruits / Vegetables (90lbs)

Some fruits and vegetables are best dehydrated, others freeze dried (strawberries & blueberries). Fruits are a nice addition to hot cereal, muffins, pancakes and breads.

Auxiliary foods (weight varies)

Vanilla extract improves the flavor of powdered milk. The production of tofu requires a precipitator such as nigari, epsom salt, calcium chloride or calcium sulfide (good calcium source). Learn how to make and use wheat gluten (liquid smoke adds good flavor). Chocolate syrup and powdered drink mixes help with appetite fatigue. Vitamins and protein powders will boost the nutrition levels of foods that may have suffered losses during processing.

Note: For an average adult Female - multiply the weight by 0.75.

For children ages 1-3 multiply by 0.3, 4-6 multiply by 0.5, 7-9 multiply by 0.75.

For adults engaged in manual labor multiply by 1.25-1.50

Do you REALLY have a year's supply?

Just how big is a Year's Supply of food? As explained on the previous page, we suggest the following minimums for each adult:

400 lbs. Grains	(17.5oz / day)
60 lbs. Beans	(2.6oz / day)
10 quarts Cooking oil	(0.87oz / day)
60 lbs. Honey	(2.63oz / day)
8 lbs. Salt	(0.35oz / day)
16 lbs Powdered milk	(0.70oz / day)
14 gallons of drinking water	(for 2 weeks)

So, just how much is this?

Two 5 gallon buckets will hold about **75lbs of wheat, rice or other grains.**

This means you need 11 buckets of grain for each person in your family.

If you store all your grains in #10 cans...Wheat, Rice, Corn, etc..You would need **64 cans or 10.5 cases per person.**

Pasta

You would need **32 cans or 5.25 cases per person.**

Rolled oats

These are lighter but bulkier, so they require more storage containers and space.

You would need **124 cans or 21 cases person.**

Beans

A 25 lb bag of beans will about fit in a single 5 gallon bucket, with a little space over, so 2 buckets would hold a one person supply, or 12 -13 # 10 cans or about 2 cases.

Daily Food

Dividing 400lbs by 365days, equals out to 1.09589lbs, or just over 1 lb of grain, per person, per day. That is approximately 2 cups of unground grain to cover your breakfast lunch and dinner.

Dividing 60lbs by 365, this works out to 0.16 lbs of beans per day, or 2.6 oz—approximately 3/4 cup. The other foods listed would also need to be used in limited amounts.

This is not much food, folks. Get the basics, then immediately begin to add more kinds of grain,

soup mix, canned and/or dehydrated vegetables and fruit, etc to add variety and provide more than the minimal survival diet.

As an example, the minimum recommended amount of grain, when ground and prepared will yield about 6 small biscuits or a plateful of pancakes. Its enough to keep you alive, but a far cry from being satisfied and not hungry