

LONG TERM FOOD STORAGE

Number of family members: _____ **x \$5/week =** _____

First Year

Second Year

[illegible]

First Year**Second Year**

Week	Amt	Item	Cost	Amt	Item	Cost
27	1	peanut butter	3.48	1	peanut butter	3.48
28	1	peanut butter	3.48	1	peanut butter	3.48
29	1	peanut butter	3.48	1	peanut butter	3.48
30	5#	potatoes	4.30	5#	potatoes	4.30
31	5#	potatoes	4.30	5#	potatoes	4.30
32	5#	potatoes	4.30	5#	potatoes	4.30
33	15#	rice	5.25	15#	rice	5.25
34	3#	salt	0.99	3#	salt	0.99
35	1	shortening	4.36	1	shortening	4.36
36	1	shortening	4.36	1	shortening	4.36
37	1	shortening	4.36	1	shortening	4.36
38	1	shortening	4.36	1	shortening	4.36
39	10#	spagetti	5.70	10#	spagetti	5.70
40	10#	sugar	4.70	10#	sugar	4.70
41	10#	sugar	4.70	10#	sugar	4.70
42	3#	sugar, powde	2.25	3#	sugar, powdered	2.25
43	2#	vital gluten fld	4.10	2#	vital gluten flour	4.10
44	2#	vital gluten fld	4.10	2#	vital gluten flour	4.10
45	2#	vital gluten fld	4.10	2#	vital gluten flour	4.10
46	2#	vital gluten fld	4.10	2#	vital gluten flour	4.10
47	100	vitamin c	10.49	100	vitamin c	10.49
48	25#	wheat	4.75	25#	wheat	4.75
49	25#	wheat	4.75	25#	wheat	4.75
50	25#	wheat	4.75	25#	wheat	4.75
51	25#	wheat	4.75	25#	wheat	4.75
52	1#	yeast	1.80	2	syrup	2.84

4.60 Per week = 238.97**4.64 Per week = 241.30**

TOTAL YEAR SUPPLY FOR ONE PERSON

Item	Pounds	Amt/Pd	Total
alfalfa seed	2	3.00	6.00
baking powder 10oz	1	2.29	2.29
baking soda	1	1.00	1.00
beans	60	0.48	28.80
carrots #10 can	2.8	2.52	7.06
flour	60	0.21	12.60
honey	8	3.74	29.92
jam 12.75 oz	6	2.08	12.48
macaroni	20	0.87	17.40
margarine	12	0.50	6.00
milk #10 can	48	1.95	93.60
molasses 12oz	2	2.04	4.08
oatmeal	16	0.35	5.60
oil, 48 oz	12	2.38	28.56
peanut butter 40oz	6	3.48	20.88
potatoes	30	0.86	25.80
rice	30	0.35	10.50
salt	6	0.33	1.98
shortening 3# cans	8	4.36	34.88
spagetti	20	0.57	11.40
sugar	40	0.47	18.80
sugar, powdered	6	0.75	4.50
syrup, karo 16 oz	2	1.42	2.84
vital gluten flour	16	2.05	32.80
vitamin C 100 tab	2	10.49	20.98
wheat	200	0.19	38.00
yeast	1	1.80	1.80

Total spent over 2 years: 480.55

Some weeks you will have left-over change. Save the change each week in a jar to be used for the weeks that you exceed \$5. Over a two year period you will accumulate a year supply of long-term food storage for each member of your family .