

## PRIMARY PRIORITY — THE BASIC FOOD STORAGE PLAN

FOOD STORAGE ITEM	QUANTITY IN POUNDS REQUIRED FOR EACH FAMILY MEMBER (Rounded to nearest 5 lbs.)										TOTAL AMOUNT NEEDED FOR FAMILY
	ADULTS		CHILDREN				TEENAGERS				
	Male	Fem.	1-3	4-6	7-9	10-12	13-15 yrs		16-20 yrs.		
							Girl	Boy	Girl	Boy	
Wheat	300	200	70	100	160	210	220	280	200	335	
Nonfat dried milk	55	45	100	100	100	100	100	100	100	100	
Sugar and/or honey	30	20	15	20	25	30	30	40	30	50	
Salt	5	5	5	5	5	5	5	5	5	5	
Vitamin supplements	Check with your physician for his advice on this storage item										
Vegetable shortening & salad oils	30	25	25	20	20	30	30	40	25	45	
Variety of grains, rice, oats, corn, barley, millet, etc.	90	75	35	45	65	85	90	115	85	140	
Variety of dried beans, peas, soy beans, lentils, etc.	25	20	5	10	20	25	25	35	25	45	
Peanut butter	10	10	5	10	10	10	15	15	15	15	
Variety of vegetables (fresh equivalent)	35	30	20	25	25	35	35	45	35	55	
Potatoes (fresh equivalent)	50	50	25	25	50	50	50	75	75	100	
Variety of canned fruit juice concentrates (equivalent)	25	20	15	20	20	25	25	35	25	30	
Variety of fruits (fresh equivalent)	100	100	50	75	75	100	100	100	100	150	
Variety of gelatin, jello, tapioca, chocolate, banana flakes, margarine, butter, powdered eggs, etc.	15	10	5	10	10	10	10	15	10	20	
Variety of canned meats	20	15	5	5	10	15	15	20	15	25	
Water (emergency use only)	7 gallons per person										