

# Basic Food Storage List

## GRAINS = 400 lbs per adult

- \_\_\_\_\_ Barley
- \_\_\_\_\_ Cereal
- \_\_\_\_\_ Corn (meal or Dent)
- \_\_\_\_\_ Cous Cous
- \_\_\_\_\_ **Flour** (4lb/can)
- \_\_\_\_\_ Millet
- \_\_\_\_\_ **Multi grain soup mix**(5lb/can)
- \_\_\_\_\_ **Oats, rolled quick**(3lb/can)
- \_\_\_\_\_ **Oats, rolled regular**(3lb/can)
- \_\_\_\_\_ Popcorn
- \_\_\_\_\_ Rye
- \_\_\_\_\_ Sprouting Seeds
- \_\_\_\_\_ **Wheat**(6lb/can)
- \_\_\_\_\_ **White Rice**(6lb/can)

## Pastas

- \_\_\_\_\_ **Macaroni**(3lb/can)
- \_\_\_\_\_ Noodles
- \_\_\_\_\_ **Spaghetti**(4lb/can)

## MILK / DAIRY = 75 lbs per adult

- \_\_\_\_\_ Brick cheese
- \_\_\_\_\_ Canned Milk
- \_\_\_\_\_ Canned sour cream
- \_\_\_\_\_ Cheese spreads
- \_\_\_\_\_ Condensed milk
- \_\_\_\_\_ Dried cheese
- \_\_\_\_\_ Dried eggs
- \_\_\_\_\_ Infant formula
- \_\_\_\_\_ Non-dairy creamer
- \_\_\_\_\_ **Non-fat dry milk**(4lb/can)
- \_\_\_\_\_ Powdered cheese
- \_\_\_\_\_ Powdered sour cream

## JUICES/BEVERAGES = 25 lbs

- \_\_\_\_\_ Apple juice
- \_\_\_\_\_ Apricot nectar
- \_\_\_\_\_ Baby strained juices
- \_\_\_\_\_ **Cocoa drink mix**(4lb/can)
- \_\_\_\_\_ Cranberry juice
- \_\_\_\_\_ **Dried juice mix**(6lb/can)
- \_\_\_\_\_ Grapefruit juice
- \_\_\_\_\_ Grape juice
- \_\_\_\_\_ Kool-aid
- \_\_\_\_\_ Lemonaid

- \_\_\_\_\_ Orange juice
- \_\_\_\_\_ Pineapple juice
- \_\_\_\_\_ Plum juice
- \_\_\_\_\_ Prune juice
- \_\_\_\_\_ Punch crystals
- \_\_\_\_\_ Soft drink mixes
- \_\_\_\_\_ Soft drinks
- \_\_\_\_\_ Tomato juice
- \_\_\_\_\_ V-8 juice

## FATS / OILS = 20 lbs per adult

- \_\_\_\_\_ Butter
- \_\_\_\_\_ Cooking oil
- \_\_\_\_\_ Lard
- \_\_\_\_\_ Margarine
- \_\_\_\_\_ Mayonnaise
- \_\_\_\_\_ Olive Oil (extra virgin)
- \_\_\_\_\_ Peanut butter
- \_\_\_\_\_ Powdered butter
- \_\_\_\_\_ Powdered margarine
- \_\_\_\_\_ Powdered shortening
- \_\_\_\_\_ Salad dressing
- \_\_\_\_\_ Shortening

## CANNED or DRIED MEATS

### (20 lbs per adult)

- \_\_\_\_\_ Bacon
- \_\_\_\_\_ Beef
- \_\_\_\_\_ Beef jerky
- \_\_\_\_\_ Chicken
- \_\_\_\_\_ Clams
- \_\_\_\_\_ Corned beef
- \_\_\_\_\_ Crabmeat
- \_\_\_\_\_ Deviled meats
- \_\_\_\_\_ Fish
- \_\_\_\_\_ Ham
- \_\_\_\_\_ Hamburger
- \_\_\_\_\_ Lamb
- \_\_\_\_\_ Lunch meats
- \_\_\_\_\_ Mutton
- \_\_\_\_\_ Pepperoni
- \_\_\_\_\_ Pork
- \_\_\_\_\_ Tuna
- \_\_\_\_\_ Salmon
- \_\_\_\_\_ Sandwich spreads
- \_\_\_\_\_ Sardines

***BOLD ITALIC*** items are available from the LDS cannery

- \_\_\_\_\_ Sausage
- \_\_\_\_\_ Shrimp
- \_\_\_\_\_ Spam
- \_\_\_\_\_ Treet
- \_\_\_\_\_ Turkey
- \_\_\_\_\_ TVP- Textured vegi Protein
- \_\_\_\_\_ Veal
- \_\_\_\_\_ Venison jerky
- \_\_\_\_\_ Vienna sausage

### **AUXILIARY FOODS**

- \_\_\_\_\_ Baking powder
- \_\_\_\_\_ Baking soda
- \_\_\_\_\_ Cake mixes
- \_\_\_\_\_ Calcium supplement
- \_\_\_\_\_ Casserole mixes
- \_\_\_\_\_ Chow mein noodles
- \_\_\_\_\_ Cookies
- \_\_\_\_\_ Cookie mixes
- \_\_\_\_\_ Cornstarch
- \_\_\_\_\_ Crackers
- \_\_\_\_\_ Cream of tartar
- \_\_\_\_\_ Hot roll mixes
- \_\_\_\_\_ Hydrated lime (for tortillas)
- \_\_\_\_\_ Instant breakfast
- \_\_\_\_\_ Instant yeast
- \_\_\_\_\_ Iron supplement
- \_\_\_\_\_ Marshmallows
- \_\_\_\_\_ MREs
- \_\_\_\_\_ Muffin mixes
- \_\_\_\_\_ Non perishable pet foods
- \_\_\_\_\_ Pancake mixes
- \_\_\_\_\_ Pastry mixes
- \_\_\_\_\_ Pectin
- \_\_\_\_\_ Pie crust mixes
- \_\_\_\_\_ Pie fillings
- \_\_\_\_\_ Pizza mixes
- \_\_\_\_\_ Plain gelatin
- \_\_\_\_\_ Rennin tablets
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Sourdough starter
- \_\_\_\_\_ Survival bars
- \_\_\_\_\_ Tofu Solidifier
- \_\_\_\_\_ Vitamins and minerals
- \_\_\_\_\_ Whipped topping mixes

### **FRUITS and VEGETABLES**

**90 lbs Dried, 370qts canned, 370Lbs**

**fresh**

#### *Fruits*

- \_\_\_\_\_ ***Apples (2lb/can)***
- \_\_\_\_\_ Applesauce
- \_\_\_\_\_ Apricots
- \_\_\_\_\_ Peaches
- \_\_\_\_\_ Berries
- \_\_\_\_\_ Cherries
- \_\_\_\_\_ Coconut
- \_\_\_\_\_ Currants
- \_\_\_\_\_ Figs
- \_\_\_\_\_ Fruit cocktail
- \_\_\_\_\_ Grapefruit
- \_\_\_\_\_ Grapes
- \_\_\_\_\_ Mandarin oranges
- \_\_\_\_\_ Nectarines
- \_\_\_\_\_ Olives
- \_\_\_\_\_ Pears
- \_\_\_\_\_ Peaches
- \_\_\_\_\_ Pineapples
- \_\_\_\_\_ Plums
- \_\_\_\_\_ Prunes
- \_\_\_\_\_ Raisins
- \_\_\_\_\_ Tomatoes

### **BEANS & LEGUMES**

**(90 lbs per adult)**

- \_\_\_\_\_ ***Beans, pink(5lb/can)***
- \_\_\_\_\_ ***Beans, pinto(5lb/can)***
- \_\_\_\_\_ ***Beans, white(5lb/can)***
- \_\_\_\_\_ Lentils
- \_\_\_\_\_ Nuts
- \_\_\_\_\_ Peas
- \_\_\_\_\_ Sprouting beans and seeds
- \_\_\_\_\_ Soybeans

#### *Vegetables*

- \_\_\_\_\_ Artichoke hearts
- \_\_\_\_\_ Asparagus
- \_\_\_\_\_ Beans
- \_\_\_\_\_ Beets
- \_\_\_\_\_ Broccoli
- \_\_\_\_\_ Brussels sprouts
- \_\_\_\_\_ ***Carrots (3lb/can)***
- \_\_\_\_\_ Cauliflower

***BOLD ITALIC*** items are available from the LDS cannery

- \_\_\_\_\_ Celery
- \_\_\_\_\_ Corn-sweet
- \_\_\_\_\_ Green beans
- \_\_\_\_\_ Hominy
- \_\_\_\_\_ Mushrooms
- \_\_\_\_\_ Okra
- \_\_\_\_\_ ***Onions (2lb/can)***
- \_\_\_\_\_ Parsnips
- \_\_\_\_\_ Peas
- \_\_\_\_\_ Peppers
- \_\_\_\_\_ Pickles
- \_\_\_\_\_ ***Potatoes, flakes (1.5lb/can)***
- \_\_\_\_\_ ***Potatoes, pearls (3lb/can)***
- \_\_\_\_\_ Pumpkins
- \_\_\_\_\_ Rhubarb
- \_\_\_\_\_ Rutabagas
- \_\_\_\_\_ Salsify
- \_\_\_\_\_ Sauerkraut
- \_\_\_\_\_ Soups
- \_\_\_\_\_ Spinach
- \_\_\_\_\_ Squash
- \_\_\_\_\_ Sweet potatoes (yams)
- \_\_\_\_\_ Tomatos
- \_\_\_\_\_ Tomato powder
- \_\_\_\_\_ Turnips
- \_\_\_\_\_ Water chestnuts

### **SPICES / CONDIMENTS**

- \_\_\_\_\_ Almond extract
- \_\_\_\_\_ Allspice
- \_\_\_\_\_ Baking chocolate
- \_\_\_\_\_ Basil
- \_\_\_\_\_ BBQ sauce
- \_\_\_\_\_ Bouillon cubes / granules  
*Beef, chicken, onion, vegetable flavors*
- \_\_\_\_\_ Cayenne pepper
- \_\_\_\_\_ Celery salt
- \_\_\_\_\_ Chili powder
- \_\_\_\_\_ Chives
- \_\_\_\_\_ Chocolate chips
- \_\_\_\_\_ Chocolate syrup
- \_\_\_\_\_ Cinnamon
- \_\_\_\_\_ Cloves
- \_\_\_\_\_ Cocoa
- \_\_\_\_\_ Coriander
- \_\_\_\_\_ Cumin
- \_\_\_\_\_ Curry
- \_\_\_\_\_ Dill weed
- \_\_\_\_\_ Garlic salt

- \_\_\_\_\_ Ginger
- \_\_\_\_\_ Gravy mixes
- \_\_\_\_\_ Herbs
- \_\_\_\_\_ Ketchup
- \_\_\_\_\_ Lemon extract
- \_\_\_\_\_ Lemon / lime juice
- \_\_\_\_\_ Liquid smoke
- \_\_\_\_\_ Majoram
- \_\_\_\_\_ Maple extract
- \_\_\_\_\_ Nutmeg
- \_\_\_\_\_ Onion flakes
- \_\_\_\_\_ Onion salt
- \_\_\_\_\_ Orange peel
  
- \_\_\_\_\_ Oregano
- \_\_\_\_\_ Paprika
- \_\_\_\_\_ Pepper
- \_\_\_\_\_ Poultry Seasoning
- \_\_\_\_\_ protein supplement
- \_\_\_\_\_ Sage
- \_\_\_\_\_ Salad dressings
- \_\_\_\_\_ Salt (**5 lbs per adult**)
- \_\_\_\_\_ Sauce mixes
- \_\_\_\_\_ Seasoned salt
- \_\_\_\_\_ Spaghetti sauce
- \_\_\_\_\_ Soy sauce
- \_\_\_\_\_ Steak sauce
- \_\_\_\_\_ Tarragon
- \_\_\_\_\_ Thyme
- \_\_\_\_\_ Turmeric
- \_\_\_\_\_ Vanilla extract
- \_\_\_\_\_ Vinegar
  
- \_\_\_\_\_ Worcestershire sauce

### **SUGARS = 60 lbs per adult**

- \_\_\_\_\_ Corn syrup
- \_\_\_\_\_ Hard candy
- \_\_\_\_\_ Honey
- \_\_\_\_\_ Jello
- \_\_\_\_\_ Jelly or jam
- \_\_\_\_\_ Maple syrup
- \_\_\_\_\_ Molasses
- \_\_\_\_\_ ***Pudding, chocolate (5lb/can)***
- \_\_\_\_\_ ***Pudding, vanilla (5lb/can)***
- \_\_\_\_\_ ***Sugar (6lb/can)***

# Long Term Storage - MASTER FOOD LIST

- \_\_\_ 6 GRAIN PANCAKE MIX
- \_\_\_ 6 WAY ROLLED GRAIN, 6 TYPES OF GRAIN
- \_\_\_ 9 GRAIN CRACKED CEREAL
- \_\_\_ ALFALFA FOR SPROUTING
- \_\_\_ ALFALFA, POWDER
- \_\_\_ ALFALFA, CUT
- \_\_\_ Almonds, Raw
- \_\_\_ ALLSPICE (JAMAICAN) POWDER
- \_\_\_ ALLSPICE (JAMAICAN) WHOLE
- \_\_\_ Amaranth, Organic
- \_\_\_ ANISE (STAR), WHOLE
- \_\_\_ ANISE SEED, WHOLE
- \_\_\_ APPLE FLAKES, PEACH FLAVOR, DEHYDRATED
- \_\_\_ APPLE FLAKES, STRAWBERRY FLAVOR
- \_\_\_ APPLE SLICES,
- \_\_\_ APPLESAUCE, DEHYDRATED
- \_\_\_ ARROWROOT POWDER
- \_\_\_ BAKING POWDER,
- \_\_\_ BAKING SODA,
- \_\_\_ BANANA SLICES, DEHYDRATED,
- \_\_\_ BARBECUE SPICE BLEND - GROUND
- \_\_\_ BARLEY FLAKES
- \_\_\_ BARLEY FOR SPROUTING
- \_\_\_ BARLEY, HULLED,
- \_\_\_ Barley, Hulless Waxy
- \_\_\_ BARLEY, PEARL
- \_\_\_ BASIL (EGYPTIAN) - CUT
- \_\_\_ BASIL (SWEET CALIFORNIA), CUT
- \_\_\_ BAY LEAVES, CUT
- \_\_\_ BAY LEAVES, WHOLE
- \_\_\_ BEANS, BLACK, BULK, FREEZE DRIED
- \_\_\_ BEANS, 10-BEAN MIX,
  - \_\_\_ Anasazi Beans
- \_\_\_ BEANS, AUZZUKIE
- \_\_\_ BEANS, BABY LIMAS,
- \_\_\_ BEANS, BLACK EYED,
- \_\_\_ BEANS, BLACK TURTLE,
- \_\_\_ BEANS, GARBANZO,
- \_\_\_ BEANS, GREAT NORTHERN WHITE,
- \_\_\_ BEANS, GREEN, DEHYDRATED,
- \_\_\_ BEANS, KIDNEY,
- \_\_\_ BEANS, LARGE LIMA,
- \_\_\_ BEANS, MUNG,
- \_\_\_ BEANS, NAVY, BULK, DEHYDRATED,
- \_\_\_ BEANS, PINK,
- \_\_\_ BEANS, PINTO,
  - \_\_\_ Refried Beans
  - \_\_\_ Refried Beans w/corn oil
- \_\_\_ BEANS, SMALL RED
- \_\_\_ BEANS, SMALL WHITE, NAVY
- \_\_\_ BEANS, SOY,
  - \_\_\_ BEANS, SPROUTING, AUZZUKIE,
  - \_\_\_ BEANS, SPROUTING, GARBANZO,
  - \_\_\_ BEANS, SPROUTING, MUNG,
  - \_\_\_ BEANS, SPROUTING, SOY,
- \_\_\_ BEE POLLEN
- \_\_\_ Bouillon, Beef
- \_\_\_ Bouillon, Chicken
- \_\_\_ BROCCOLI, DEHYDRATED
- \_\_\_ BUCK WHEAT, HULLED,
- \_\_\_ BURDOCK ROOT CUT
- \_\_\_ BUTTER POWDER,
- \_\_\_ BUTTERMILK POWDER
- \_\_\_ CABBAGE
- \_\_\_ CABBAGE SEED,
- \_\_\_ CAJUN SPICE BLEND, GROUND
- \_\_\_ CAKE MIX, GINGERBREAD (ADD WATER)
- \_\_\_ CAKE MIX, BROWNIE (ADD WATER)
- \_\_\_ CAKE MIX, CARROT (ADD WATER)
- \_\_\_ CAKE MIX, DEVIL'S FOOD
- \_\_\_ CAKE MIX, LEMON
- \_\_\_ CAKE MIX, POUND CAKE (ADD WATER)
- \_\_\_ CAKE MIX, SPICE
- \_\_\_ CAKE MIX, SWISS CHOC (ADD WATER)
- \_\_\_ CAKE MIX, WHITE
- \_\_\_ CAKE MIX, YELLOW
- \_\_\_ CAKE, FUNNEL (ADD WATER)
- \_\_\_ CARAWAY SEED
- \_\_\_ CARDAMOM (DECORTICATED) WHOLE
- \_\_\_ CARDAMOM (WHOLE GREEN PODS)
- \_\_\_ CARDAMOM (GROUND)
- \_\_\_ CAROB (ROASTED), POWDERED
- \_\_\_ CARROT DICES, DEHYDRATED,
- \_\_\_ CAYENNE (40 HEAT UNIT) DOMESTIC
- \_\_\_ CAYENNE (60 HEAT UNIT) IMPORTED
- \_\_\_ CAYENNE (90 HEAT UNIT)
- \_\_\_ CELERY
- \_\_\_ CELERY SEED - GROUND
- \_\_\_ CELERY SEED - WHOLE
- \_\_\_ CHAMOMILE TEA BAGS
- \_\_\_ CHEESE SAUCE, DEHYDRATED, BULK
- \_\_\_ CHEESE, CHEDDAR, DEHYDRATED, BAG
- \_\_\_ CHIA SEEDS (FOR SPROUTING)
- \_\_\_ CHICKWEED
- \_\_\_ CHILI BLEND, GROUND
- \_\_\_ CHILI PEPPERS, GROUND
- \_\_\_ CHILI, CRUSHED
- \_\_\_ CHINESE FIVE SPICE,
- \_\_\_ CHIVES, CUT
- \_\_\_ CHOCOLATE CHIPS, MILK CHOCOLATE
- \_\_\_ CHOCOLATE CHIPS, SEMI SWEET
- \_\_\_ CILANTRO CUT
- \_\_\_ CINNAMON CHIPS, SMALL CUT
- \_\_\_ CINNAMON POWDER
- \_\_\_ CINNAMON STICKS, 1 INCH,
- \_\_\_ CLOVES (SMALL VERY FRAGRANT)
- \_\_\_ CLOVES POWDER
- \_\_\_ Cocoa Mix
- \_\_\_ Cocoa Mix Chocolate Mint Truffle
- \_\_\_ Cocoa Mix Mint
- \_\_\_ Cocoa Mix, Orange Creme
- \_\_\_ COCOA FOR COOKING,
- \_\_\_ COCONUT (UNSWEETENED) - MEDIUM

\_\_\_ CORIANDER SEED, GROUND  
\_\_\_ CORIANDER SEED, WHOLE  
\_\_\_ CORN MEAL, BAG  
\_\_\_ CORN, SWEET, DEHYDRATED  
\_\_\_ CORN, WHOLE YELLOW, PAPER BAG  
\_\_\_ Corn, Yellow Grit-hominy polenta  
\_\_\_ CORNSTARCH  
\_\_\_ Corn Syrup Solids  
\_\_\_ CREAM OF TARTAR  
\_\_\_ CUMIN SEED, GROUND  
\_\_\_ CUMIN SEED, WHOLE  
\_\_\_ CURRY POWDER, HOT BLEND  
\_\_\_ CURRY POWDER, REGULAR BLEND  
\_\_\_ DILL SEED, WHOLE  
\_\_\_ DILL WEED, (DOMESTIC) CUT  
\_\_\_ DOUGH ENHANCER, NATURAL  
\_\_\_ DRESSING, 1000 ISLAND  
\_\_\_ DRESSING, BLEU CHEESE,  
\_\_\_ DRESSING, OUR HOUSE DRESSING  
\_\_\_ DRINK BASE, APPLE CIDER, INSTANT,  
\_\_\_ DRINK MIX, APPLE, DEHYDRATED,  
\_\_\_ DRINK MIX, CHERRY,  
\_\_\_ DRINK MIX, Fruit Punch  
\_\_\_ DRINK MIX, GRAPE,  
\_\_\_ DRINK MIX, HOT CIDER,  
\_\_\_ DRINK MIX, LEMONADE,  
\_\_\_ DRINK MIX, ORANGE,  
\_\_\_ DRINK MIX, Peach  
\_\_\_ DRINK MIX, PINK LEMONADE,  
\_\_\_ DRINK MIX, STRAWBERRY,  
\_\_\_ DRINK MIX. Tofu  
\_\_\_ DRINK, APPLE, W/FRUIT JUICE  
\_\_\_ DRINK, PEACH, DEHYDRATED, BG  
\_\_\_ EGG MIX, DEHYDRATED,  
\_\_\_ EGG WHITES, DEHYDRATED,  
\_\_\_ EGGS, Whole  
\_\_\_ FAJITA SEASONING,  
\_\_\_ FENNEL SEED, POWDER  
\_\_\_ FENNEL SEED, WHOLE  
\_\_\_ FENUGREEK SEED, WHOLE  
\_\_\_ FLAVOR CRYSTALS, MAPLE, NATURAL & ART  
\_\_\_ FLAVOR CRYSTALS, VANILLA, NATURAL & AR  
\_\_\_ FLAVOR CRYSTALS, WALNUT, NATURAL & AR  
\_\_\_ FLAX SEED,  
\_\_\_ FLOUR, ALL PURPOSE,  
\_\_\_ FLOUR, BAKERS BLEND high protein  
\_\_\_ FLOUR, Whole Wheat  
\_\_\_ FLOUR, Whole Wheat Red  
\_\_\_ FLOUR, UNBLEACHED,  
\_\_\_ FLOUR, UNBLEACHED, Hard White  
\_\_\_ FLOUR, UNBLEACHED-Red  
\_\_\_ FLOUR, UNBLEACHED-White  
\_\_\_ FRANKINCENSE  
\_\_\_ FROSTING MIX, CHOCOLATE  
\_\_\_ FROSTING MIX, FUDGE  
\_\_\_ FRUCTOSE,  
\_\_\_ FRUIT BLEND (TASTY TEA) NO CAFFEINE  
\_\_\_ FRUIT BLEND TEA BAG  
\_\_\_ FRUIT GALAXY, DEHYDRATED BAG  
\_\_\_ FRUIT WHIRLS

\_\_\_ GARLIC (DOMESTIC),  
\_\_\_ GARLIC GRANULES (CALIFORNIA)  
\_\_\_ GARLIC POWDER (DOMESTIC)  
\_\_\_ GARLIC MINCED  
\_\_\_ G EL CAPS -00-  
\_\_\_ GELATIN, CHERRY,  
\_\_\_ GELATIN, LEMON,  
\_\_\_ GELATIN, LIME,  
\_\_\_ GELATIN, ORANGE,  
\_\_\_ GELATIN, PEACH,  
\_\_\_ GELATIN, RASPBERRY,  
\_\_\_ GELATIN, STRAWBERRY,  
\_\_\_ GERMADE,  
\_\_\_ GINGER ROOT PIECES, 1/4 IN PIECES  
\_\_\_ GINGER ROOT POWDER  
\_\_\_ GINSENG POWDER  
\_\_\_ GOTU KOLA POWDER  
\_\_\_ GRANOLA, 25 LB BAG  
\_\_\_ GRAVY MIX, BROWN,  
\_\_\_ GRAVY MIX, CHICKEN,  
\_\_\_ GRAVY MIX, TURKEY,  
\_\_\_ GRAVY, COUNTRY STYLE,  
\_\_\_ GREEK SEASONING, GROUND  
\_\_\_ HERB MIX (SALT SUBSTITUTE)  
\_\_\_ HONEY, Clover  
\_\_\_ HONEY, Creamy Whipped  
\_\_\_ HONEY, COX'S (CREAMED)  
\_\_\_ ITALIAN SEASONING, CUT  
\_\_\_ ITALIAN SEASONING, GROUND  
\_\_\_ KELP POWDER  
\_\_\_ Kamut  
\_\_\_ LECITHIN GRANULES  
\_\_\_ LEMON GRANULES  
\_\_\_ LEMON JUICE POWDER (INSTANT)  
\_\_\_ LEMON PEEL CUT  
\_\_\_ LEMON PEPPER BLEND, GROUND  
\_\_\_ LENTILS, 100 LB BAG  
\_\_\_ LICORICE MINT BLEND (TEA) NO CAFFEINE  
\_\_\_ LICORICE ROOT POWDER  
\_\_\_ LICORICE SPICE BLEND (TEA) CAFFEINE FREE  
\_\_\_ LICORICE STICKS  
\_\_\_ MACE, GROUND  
\_\_\_ Macaroni & Cheese  
\_\_\_ MAPLE LEAF  
\_\_\_ MARGARINE POWDER,  
\_\_\_ MARJORAM, CUT  
\_\_\_ MEAT TENDERIZER, SEASONED,  
\_\_\_ MEAT TENDERIZER, UNSEASONED,  
\_\_\_ MICROWAVE POPCORN CINCH BUTTER  
\_\_\_ MILK, INSTANT, NON FAT DRY,  
\_\_\_ MILK, REGULAR, NON FAT DRY,  
\_\_\_ MILLET,  
\_\_\_ MILLET, HULLED,  
\_\_\_ MIX, BELGIAN WAFFLE  
\_\_\_ MIX, BLUEBERRY MUFFIN  
\_\_\_ MIX, BROWNIE  
\_\_\_ MIX, BUTTERMILK BISCUIT  
\_\_\_ MIX, Cheasecake  
\_\_\_ MIX, CHOCOLATE CHIP COOKIE  
\_\_\_ MIX, COOKIE, CHOCOLATE CHIP

\_\_\_ MIX, Fudge Brownie  
 \_\_\_ MIX, Honeywheat Bread & Roll  
 \_\_\_ MIX, Scones  
 \_\_\_ MIX, WHITE FROSTING,  
 \_\_\_ MOLASSES, HOME MADE,  
 \_\_\_ MRE, COMPLETE MEAL,  
 \_\_\_ MRE, Applesauce  
 \_\_\_ MRE, Beef Frankfurters  
 \_\_\_ MRE, Beef Ravioli  
 \_\_\_ MRE, Beef Steak (chunked & formed)  
 \_\_\_ MRE, Beef Teriyaki  
 \_\_\_ MRE, Cheese Spread  
 \_\_\_ MRE, Cheese Tortellini  
 \_\_\_ MRE, Cherry Beverage Powder  
 \_\_\_ MRE, Solid Chicken Breast Patties  
 \_\_\_ MRE, Chicken Noodle  
 \_\_\_ MRE, Chicken Salsa  
 \_\_\_ MRE, Chili Macaroni  
 \_\_\_ MRE, Chocolate covered cookies  
 \_\_\_ MRE, Cocoa  
 \_\_\_ MRE, Crackers  
 \_\_\_ MRE, Ham Slices  
 \_\_\_ MRE, Lemon Pound Cake  
 \_\_\_ MRE, Meat Loaf W/Brown Onion Gravy  
 \_\_\_ MRE, Mexican Rice  
 \_\_\_ MRE, Oatmeal Cookie Bar  
 \_\_\_ MRE, Pasta Vegetable  
 \_\_\_ MRE, Pasta & Vegetable Alfredo Sauce  
 \_\_\_ MRE, Peanut Butter  
 \_\_\_ MRE, Pork w/Rice  
 \_\_\_ MRE, Pork Chow Mein  
 \_\_\_ MRE, Escalloped Potato W/Ham  
 \_\_\_ MRE, Potato Sticks  
 \_\_\_ MRE, Spaghetti  
 \_\_\_ MRE, Grilled Turkey Breast & Potatoes  
 \_\_\_ MRE, Turkey Breast & Potatoes  
 \_\_\_ MRE, Western Beans  
 \_\_\_ MRE, White Rice  
 \_\_\_ MUFFIN, BLUEBERRY  
 \_\_\_ MUFFIN, CORN,  
 \_\_\_ MUNG BEANS (FOR SPROUTING)  
 \_\_\_ MUSHROOM SLICES, DEHYDRATED,  
 \_\_\_ MUSTARD SEED (BROWN) WHOLE  
 \_\_\_ MUSTARD SEED (YELLOW) POWDER  
 \_\_\_ MUSTARD SEED (YELLOW) WHOLE  
 \_\_\_ MYRRH GUM PCS  
 \_\_\_ Noodles, Egg  
 \_\_\_ NUTMEG, GROUND  
 \_\_\_ NUTMEG, WHOLE  
 \_\_\_ OAT BRAN,  
 \_\_\_ OAT GROATS,  
 \_\_\_ OATS  
 \_\_\_ OIL, 100% CANOLA FRYING OIL,  
 \_\_\_ ONION, CHOPPED  
 \_\_\_ ONION, GRANULES  
 \_\_\_ ONION, POWDER, DOMESTIC  
 \_\_\_ ORANGE PEEL GRANULES  
 \_\_\_ ORANGE SPICE  
 \_\_\_ OREGANO (GREEK), CUT  
 \_\_\_ OREGANO (MEXICAN), CUT  
 \_\_\_ OREGANO (MEXICAN), GROUND  
 \_\_\_ OREGANO (MEXICAN), WHOLE,  
 \_\_\_ PAN D'ARCO (CUT)  
 \_\_\_ PANCAKE MIX, 6 Grain  
 \_\_\_ PANCAKE MIX, Blueberry  
 \_\_\_ PANCAKE MIX, BUTTERMILK,  
 \_\_\_ PANCAKE OLD FASHIONED,  
 \_\_\_ PAPRIKA GROUND  
 \_\_\_ PARSLEY FLAKES (CALIFORNIA)  
 \_\_\_ PARSLEY HERB POWDER  
 \_\_\_ PASTA, EGG NOODLES,  
 \_\_\_ PASTA, LASAGNA, WIDE CUT,  
 \_\_\_ PASTA, MACARONI, JUMBO SHELL,  
 \_\_\_ PASTA, MACARONI, LARGE SHELL,  
 \_\_\_ PASTA, MACARONI, ELBOW,  
 \_\_\_ PASTA, MACARONI, SALAD,  
 \_\_\_ PASTA, MACARONI, SMALL ELBOW  
 \_\_\_ PASTA, MACARONI, SMALL SHELL,  
 \_\_\_ PASTA, MACARONI, Whole Wheat  
 \_\_\_ Pasta-Pizza Sauce Mix  
 \_\_\_ PASTA, SPAGHETTI,  
 \_\_\_ Peach Slices  
 \_\_\_ peach Flavor Apple Slices  
 \_\_\_ PEANUT BUTTER POWDER, DEHYDRATED  
 \_\_\_ PEAS, Alaskan  
 \_\_\_ PEAS, BLACK EYED,  
 \_\_\_ PEAS, SPLIT GREEN,  
 \_\_\_ PEAS, SPLIT YELLOW,  
 \_\_\_ PEAS, SWEET GARDEN, DEHYDRATED  
 \_\_\_ PEAS, WHOLE GREEN,  
 \_\_\_ PEPPER (BLACK) 1/4 CRACKED  
 \_\_\_ PEPPER (BLACK) TABLE GRIND  
 \_\_\_ PEPPER (WHITE), FINE GROUND  
 \_\_\_ PEPPERCORNS (BLACK), WHOLE  
 \_\_\_ PEPPERMINT, DOMESTIC  
 \_\_\_ PEPPERMINT TEA BAGS  
 \_\_\_ PEPPERS (GREEN BELL)  
 \_\_\_ PICKLING SPICE BLEND, WHOLE  
 \_\_\_ POPCORN, RABBIT EARS,  
 \_\_\_ POPPY SEED  
 \_\_\_ POPPY SEED, (BLUE), WHOLE  
 \_\_\_ POTATO DICES, DEHYDRATED  
 \_\_\_ POTATO FLAKES, DEHYDRATED,  
 \_\_\_ POTATO GRANULES,  
 \_\_\_ POTATO SLICES, DEHYDRATED,  
 \_\_\_ POTATO, HASHBROWNS, DEHYDRATED,  
 \_\_\_ POULTRY SEASONING, GROUND  
 \_\_\_ PSYLLIUM HUSKS  
 \_\_\_ PUDDING, BANANA, ADD MILK/INST  
 \_\_\_ PUDDING, BUTTERSCOTCH, MILK/INS \*  
 \_\_\_ PUDDING, Custard  
 \_\_\_ PUDDING, CHOCOLATE, MILK/COOK \*  
 \_\_\_ PUDDING, CHOCOLATE, MILK/INST \*  
 \_\_\_ PUDDING, COCONUT, MILK/INST \*  
 \_\_\_ PUDDING, LEMON, MILK/INST \*  
 \_\_\_ PUDDING, Tapioca  
 \_\_\_ PUDDING, VANILLA, ADD MILK/INST \*  
 \_\_\_ PUDDING, VANILLA, MILK/COOK  
 \_\_\_ PUMPKIN PIE SPICE,  
 \_\_\_ PUMPKIN SEEDS, SHELLED

\_\_\_ Quinoa,  
 \_\_\_ RADISH SEED,  
 \_\_\_ RADISH SEED, (FOR SPROUTING)  
 \_\_\_ RAISINS, Select  
 \_\_\_ RAISINS, Golden  
 \_\_\_ RASPBERRY LEAF  
 \_\_\_ RED CLOVER SEEDS (FOR SPROUTING)  
 \_\_\_ RICE, Basmati Brown-Organic  
 \_\_\_ RICE, BROWN, LONG GRAIN  
 \_\_\_ RICE, Par Boiled  
 \_\_\_ RICE, WHITE, LONG GRAIN  
 \_\_\_ ROSE HIP POWDER  
 \_\_\_ ROSEMARY, CUT  
 \_\_\_ ROSEMARY, GROUND  
 \_\_\_ ROSEMARY, WHOLE  
 \_\_\_ RYE FLAKES, PAPER BAG  
 \_\_\_ RYE, PAPER BAG  
 \_\_\_ SAGE, FINE POWDER  
 \_\_\_ SAGE, RUBBED  
 \_\_\_ SAGE, WHOLE  
 \_\_\_ SALAD SUPREME SEASONING  
 \_\_\_ SALT  
 \_\_\_ SAUCE, AU JUS INSTANT  
 \_\_\_ SAUSAGE SEASONING,  
 \_\_\_ SESAME SEED (NATURAL) WHOLE  
 \_\_\_ SHEPHERDS PURSE  
 \_\_\_ SHORTENING POWDER, DEHYDRATED  
 \_\_\_ SLIPPERY ELM POWDER  
 \_\_\_ SOUP BASE, BEEF FLAVOR  
 \_\_\_ SOUP BASE, CHICKEN FLAVOR,  
 \_\_\_ SOUP BASE, CREAM, NON DAIRY  
 \_\_\_ SOUP MIX, ABC,  
 \_\_\_ SOUP MIX, BEEF BARLEY  
 \_\_\_ SOUP MIX, OLD FASHIONED,  
 \_\_\_ SOUP, AU-JUS SAUCE  
 \_\_\_ SOUP, BEEF, BARLEY, VEGETABLE  
 \_\_\_ SOUP, BEEF Noodle  
 \_\_\_ SOUP, BEEF Flovored Stew  
 \_\_\_ SOUP, CHICKEN NOODLE, (GREAT FLAVOR)  
 \_\_\_ SOUP, CORN CHOWDER BASE, MAKES  
 \_\_\_ SOUP, CREAM OF CHICKEN, MAKES  
 \_\_\_ SOUP, CREAM OF MUSHROOM, MAKES  
 \_\_\_ SOUP, CREAM PEA CHOWDER, MAKES  
 \_\_\_ SOUP, CREAMY CHEDDAR CHWD,  
 \_\_\_ SOUP, Creamy Potato  
 \_\_\_ SOUP, FRENCH ONION SOUP,  
 \_\_\_ SOUP, ITALIAN TOMATO/VEG,  
 \_\_\_ SOUP, MINESTRONE,  
 \_\_\_ SOUP, Mountain Stew Blend  
 \_\_\_ SOUP, NE CHOWDER BASE,  
 \_\_\_ SOUP, OLD FASHIONED SOUP MIX  
 \_\_\_ SOUP, ORIGINAL CREAM SOUP BASE  
 \_\_\_ SOUP, VEGETABLE BEEF #  
 \_\_\_ Sour Cream Powder  
 \_\_\_ SOUTHERN BUTTERMILK BISCUIT MIX  
 \_\_\_ SOUTHERN CORNBREAD II (YELLOW)  
 \_\_\_ SOY SAUCE,  
 \_\_\_ SPEARMINT SPICE BLEND (TEA) NO CAFFEIN  
 \_\_\_ SPELT, (ORGANIC)  
 \_\_\_ SPINACH FLAKES

\_\_\_ SUGAR, BROWN,  
 \_\_\_ SUGAR, POWDERED,  
 \_\_\_ SUGAR, WHITE  
 \_\_\_ SUNFLOWER SEED, RAW,  
 \_\_\_ Sweet Potato  
 \_\_\_ SYRUP, APRICOT,  
 \_\_\_ SYRUP, BLUEBERRY,  
 \_\_\_ SYRUP, BOYSENBERRY,  
 \_\_\_ SYRUP, NATURAL BUTTER FLAVOR,  
 \_\_\_ SYRUP, STRAWBERRY,  
 \_\_\_ SYRUP, LIGHT CORN,  
 \_\_\_ T.V.P. BACON FLAVORED,  
 \_\_\_ T.V.P. BEEF FLAVORED, DEHYDRATED  
 \_\_\_ T.V.P. CHICKEN FLAVORED,  
 \_\_\_ T.V.P. IMAGIC BARBECUE MIX  
 \_\_\_ T.V.P. IMAGIC BBQ FLAVOR,  
 \_\_\_ T.V.P. IMAGIC SLOPPY JOE MIX  
 \_\_\_ T.V.P. IMITATION HAM FLAVOR CHIPLETS  
 \_\_\_ T.V.P. PEPPERONI, IMITATION FLAVOR  
 \_\_\_ T.V.P. SAUSAGE FLAVOR  
 \_\_\_ T.V.P. TACO BEEF FLAVOR  
 \_\_\_ T.V.P. ULTRA-SOY, MINCED, NATURAL FLAVOR  
 \_\_\_ TACO SEASONING, GROUND  
 \_\_\_ TAPIOCA PEARLS (MEDIUM) WHOLE  
 \_\_\_ TARRAGON (CALIFORNIA), CUT  
 \_\_\_ TEA STRAINER(S)  
 \_\_\_ THYME, GROUND  
 \_\_\_ THYME LEAVES  
 \_\_\_ TOMATO POWDER, DEHYDRATED,  
 \_\_\_ TUMERIC POWDER  
 \_\_\_ VALERIAN ROOT CUT  
 \_\_\_ VALERIAN ROOT POWDER  
 \_\_\_ VANILLA EXTRACT  
 \_\_\_ VEGETABLE FLAKES, MIXED  
 \_\_\_ VEGETABLE SOUP BLEND  
 \_\_\_ VEGETABLE STEW BLEND  
 \_\_\_ WHEAT BRAN, PAPER BAG  
 \_\_\_ WHEAT FLAKES, WHITE,  
 \_\_\_ WHEAT GERM  
 \_\_\_ WHEAT, CRACKED,  
 \_\_\_ WHEAT, GOLDEN 86,  
 \_\_\_ WHEAT, HARD RED STORAGE,  
 \_\_\_ WHEAT, HARD WHITE,  
 \_\_\_ WHEAT, SOFT WHEAT,  
 \_\_\_ WHEAT, VITAL GLUTEN,  
 \_\_\_ WHEAT, WHITE, GOLDEN 86,  
 \_\_\_ WHEY,  
 \_\_\_ WHITE CREAM SAUCE  
 \_\_\_ WHITE PEPPER, WHOLE  
 \_\_\_ YEAST, INSTANT

# One Year Supply Guide

## Suggested Amounts of Basic Foods for Home Storage-Per Adult for One Year

Basic Food Storage		Extras	
Grains	300 lbs.	Fruits	185 lbs. Family Totals
Legumes	60 lbs.	(Veg) Vegetables	185 lbs. Family Totals
Powdered Milk	16 lbs.	(CE) Cooking Essentials	8 lbs. Per Person
Cooking Oil	25 lbs.	Meats/Meat Substitutes	20 lbs. Per Person
Sugar or Honey	60 lbs.	(Aux.) Auxiliary Foods	-
Salt	8 lbs.	(Cond.) Spices/Condiments	-
Water (2 wks.)	14 gallons	* Quantities are <u>estimates</u> and should be adjusted to individual needs & likes.	

Food Storage Item	Amount	Shelf Life	Storage
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<b>GRAINS:</b>	<b>300 lbs.+</b>	*Keep all grains away from weevil & rodents!	
Cereal	5 lbs./5 boxes cereal	2-3 years	Dry & weevil proof
Cornmeal	10 lbs.	30 years+*	*See below
Flour	75 lbs./ 3 bags(25lb.)	8-10 years	Dry & weevil proof
Mixes (pancake, muffin, etc.)	10 lbs.	2 years	Dry & weevil proof
Oats	20 lbs./ 7 (48oz.)bag	30 years+*	*See below
Pasta	40 lbs./40 bags(1lb.)	30 years+*	*See below
Rice	40 lbs./ 2 bags(20lb.)	30 years+*	*See below
Wheat	100 lbs./4 bags(25lb)	30 years+*	*See below

\*According to the LDS church website, [www.providentliving.com](http://www.providentliving.com) it states:

"Properly packaged, low moisture foods stored at room temperature or cooler (75 F or lower) remain nutritious and edible MUCH longer than previously thought according to findings of recent scientific studies. Estimated shelf life for many products has increased to 30 years or more." See website for more detailed information.

<b>LEGUMES/BEANS:</b>	<b>60 lbs.</b>	*If beans are <b>DRIED</b> , they will last over 30 years!	
Black Beans	10 lbs./10 cans	Canned/ 2 years	Cool, dry place
Chili	5 lbs./5 cans	Canned/ 2 years	Cool, dry place
Kidney Beans	10 lbs./10 cans	Canned/ 2 years	Cool, dry place
Lentils	5 lb. bag	30 years+	Cool, dry place
Pinto Beans	15 lb. bag/15 cans	Canned/ 2 years	Cool, dry place
Pork n' Beans	5 lbs./5 cans	Canned/ 2 years	Cool, dry place
Refried Beans	10 lbs./10 cans	Canned/ 2 years	Cool, dry place

<b>MILK/DAIRY:</b>	<b>16 lbs.</b>		
Evaporated Milk	2 lbs./ 3 (12oz.) cans	2 years	Cool, dry place
Other	1 lb.	Expirations	Cool, dry place
Powdered Milk	12 lbs.	20 years+	*See Above Statement
Sweetened Condensed	1lb./2 cans	2 years	Cool, dry place

<b>SUGAR:</b>	<b>60 lbs.</b>		
Brown Sugar	6 lbs./ 3 (32oz.)bags	2 years+	Tightly sealed & dry
Corn Syrup	1 lb.	2 years+	Sealed



Honey	3 lbs.	Indefinite	Cool, tightly sealed, dark
Jam/Jellies	3 lbs./3 jars	2 years	Cool, tightly sealed, dark
Jello	1 lb./6 (3oz.) boxes	18 months	Cool & very dry
Maple Syrup	3 lbs./2 bottles	2 years	Cool, dry place
Molasses	1 lb.	2 years	Cool, dry place
Powdered Sugar	6 lbs./ 3 (32oz.)bags	2 years+	Tightly sealed & dry
Pudding	1 lb./6 (3oz.) boxes	18 months	Cool, dry place
White Granulated Sugar	35 lbs.	Indefinite	Tightly sealed & dry

<b>OILS/FATS:</b>	<b>25 lbs.</b>		
Butter	2 lbs./2 (1lb.) boxes	1 year in the freezer	Freezer
Cooking Oil (Veg., Canola, etc.)	5 lbs./1.5 (48oz.) oils	2-3 years	Cool, dry place
Margarine	2 lbs./2 (1lb.) boxes	1 year in the freezer	Freezer
Mayonaise	4 lbs./2 (32oz.) Jars	1-2 years/expiration date	Sealed, dark & cool
Olive Oil	3 lbs./ 1 (48oz.)	1-2 years	Sealed, dark & cool
Peanut Butter	4 lbs./4 (18oz.) jars	4 years	Sealed, dark & cool
Salad Dressing	2 lbs./ 2 (19oz.) jars	1 year	Sealed, dark & cool
Shortening	3 lbs./ 1 (48oz.) tub	2-3 years	Cool, dry place

<b>SALT:</b>	<b>8 lbs.</b>		
Salt	8 lbs.	Indefinite	Sealed & BONE dry

<b>WATER:</b>	<b>28 gallons (2 week supply)</b>		
Drinking	14 gallons +	1 year	No contact w/ cement.
Washing/Cleaning	14 gallons +	1 year	No contact w/ cement.

<b>MEATS/SUBSTITUTES:</b>	<b>20 lbs.</b>		
Canned Chicken	2 lbs./5 cans (6oz.)	2 years	Cool, dry place
Canned Tuna	5 lbs./13 cans (6oz.)	2 years	Cool, dry place
Canned Turkey	1 lb./2 cans (6oz.)	2 years	Cool, dry place
Chicken Noodle Soup/Meat soups	2 lbs./2 cans (15oz.)	2 years	Cool, dry place
Clams	.5 lbs./2 cans (4oz.)	2 years	Cool, dry place
Spam	1 lb./2 cans (8oz.)	2 years	Cool, dry place
Stew	2 lbs./ 2 cans	2 years	Cool, dry place
Vienna Sausages	.5 lbs./2 cans (4oz.)	2 years	Cool, dry place
TVP	1 lb.	20 years	Cool, dry place
<b>Fresh Meat/1 month supply/Freezer:</b>			
Bacon	1 lb.+	1 year/freezer	Freezer bags/containers
Beef/Roast	1 lb.+	1 year/freezer	Freezer bags/containers
Chicken	1 lb.+	1 year/freezer	Freezer bags/containers
Pork	1 lb.+	1 year/freezer	Freezer bags/containers
Sausage	1 lb.+	1 year/freezer	Freezer bags/containers
Seafood	1 lb.+	1 year/freezer	Freezer bags/containers

<b>FRUITS:</b>	<b>185 lbs. (Totals for the ENTIRE family)</b>		
Applesauce	36 lbs./ 36 cans	2 years	Cool, dry place
Dry Fruit (raisins, coconut, apples)	17 lbs./ 17 1lb. Bags	2 years	Cool, dry place

Fruit Cocktail	12 lbs./ 12 cans	2 years	Cool, dry place
Mandarin Oranges	36 lbs./52cans(11oz)	2 years	Cool, dry place
Peaches	24 lbs./ 24 cans	2 years	Cool, dry place
Pears	24 lbs./ 24 cans	2 years	Cool, dry place
Pineapple	36 lbs./45cans(20oz)	2 years	Cool, dry place

**VEGETABLES: 185 lbs. (Totals for the ENTIRE family)**

\*If vegetables are dried and packaged properly they will last anywhere from 18-24 months, or longer.

Beets	1 lb./ 1 can	2 years	Cool, dry place
Carrots	5 lbs./ 5 cans/or dried	2 years	Cool, dry place
Corn	24 lbs./ 24 cans	2 years	Cool, dry place
Green Beans	24 lbs./ 24 cans	2 years	Cool, dry place
Green Chilies	3 lbs./ 12 cans(4oz)	2 years	Cool, dry place
Instant Potatoes	30 lbs.	30 years+*	*See Above Statement
Mixed Vegetables	5 lbs/5 cans (15oz.)	2 years	Cool, dry place
Mushrooms	1 lb./ 4 cans (8oz.)	2 years	Cool, dry place
Onions	5 lbs.	18-24 months	Cool, dry place
Peas	6 lbs./ 6 cans (15oz.)	2 years	Cool, dry place
Pickles	6 lbs. / 4 jars (24oz.)	2 years	Cool, dry place
Pumpkin	10 lbs./ 5 cans(29oz)	2 years	Cool, dry place
Salsa	6 lbs./ 6 jars (16oz.)	2 years	Cool, dry place
Spaghetti Sauce	30 lbs./19 jars(26oz.)	2-3 years if in glass jar	Cool, dry place
Tomato Paste	2.5 lbs./7 cans (6oz.)	2 years	Cool, dry place
Tomato Sauce	2.5 lbs./7 cans (6oz.)	2 years	Cool, dry place
Tomato Soup	6 lbs./ 6 cans (15oz.)	2 years	Cool, dry place
Tomatoes	27 lbs/27 cans(15oz)	2 years	Cool, dry place
Yams	1 lb./ 1 can (15oz)	2 years	Cool, dry place

**COOKING ESSENTIALS: 6 lbs.**

Baking Powder	2 lbs./ 3 cans(10oz.)	3 years	Sealed & BONE dry
Baking Soda	1 lb./ 1 box (16oz.)	3 years	Sealed & BONE dry
Cocoa	1 lb./ 2 cans (8oz.)	3 years	Sealed & cool
Vanilla	As desired	3 years	Cool, dry place
Vinegar	2 quarts/.5 gallon	2 years+	Sealed
Yeast	2 lbs./ 2 pkgs. (16oz)	1 year in the freezer	Freezer or cool place

**AUXILIARY FOODS:**

Brownie & Cookie Mixes	1 year	Dry & Weevil proofed
Cake Mixes	1 year	Dry & Weevil proofed
Casserole Mixes	1 year	Dry & Weevil proofed
Crackers	1 year	Dry & Weevil proofed
Marshmallows	1 year	Cool, dry place
Pie Fillings	2 years	Cool, dry place
Spices	3 years+	Dry & Weevil proofed
Vitamins & Minerals	1 year+	Cool, dark, dry place
Chocolate Chips	18 months	Cool, dry place

**CONDIMENTS:**

BBQ Sauce	2 years	Tightly sealed, Dry
Ketchup	2 years	Tightly sealed, Dry
Mustard	2 years	Tightly sealed, Dry
Specialty Mustards	2 years	Tightly sealed, Dry