

HOW MUCH FOOD WOULD YOU NEED?

In the wake of recent weather related disasters, not to mention a difficult economy, many people are stocking Disaster Pantries in an effort to protect their families from "hard times". But have you ever wondered just how much food your family would need to survive if times got really tough? Here is a basic list of what it would take to feed two adults and two children under the age of seven for an entire year.

This is by no means comprehensive, but it is a pretty good start. Unless otherwise noted, all quantities are in pounds.

1 YEAR FAMILY OF 4

GRAIN

Wheat 450

Flour 74

Corn Meal 74

Oats 74

Rice 150

Pasta 74

LEGUMES

Dry Beans 90

Lima Beans 12

Soy Beans 30

Split Peas 12

Lentils 12

Dry Soup Mix 12

OIL & FAT

Shortening 12

Vegetable Oil 6g

Mayonnaise 6qts

Salad Dressing 4qts

Peanut Butter 12 pounds

COOKING ESSENTIALS:

Baking Powder 4

Baking Soda 4

Yeast 2

Salt 16

Vinegar 2g

DAIRY

Dry Milk 120

Cans Evaporated Milk 120

Other Dairy 90

SUGARS

Honey 8

Sugar 120

Brown Sugar 8

Molasses 4

Corn Syrup 8

Jam & Jelly 8

Tang Type Fortified Fruit Drink 18

Gelatin 4

FRUIT

Dried Apples 120

Applesauce 120

Banana Chips 90

Fruit Mixture 105

Juice 120

VEGETABLES

Corn 90

Peas 90

Green Beans 90

Carrots 90

Potatoes 120

Onions 15

Tomatoes 60

OTHER

Bleach gal 4

Borax (large box) 4

Super Washing Soda (large box) 4

Fels Naptha or Laundry Soap Bars 12

Rubbing Alcohol liters 4

Hydrogen Peroxide liters 4

Band Aids boxes 10