

Food Storage Moms

3-Month Food Storage Checklist

Quantities listed are per person. Multiply by household size. Check off items as you stock them.

■ Grains & Starches

✓	Item	Qty / Person	Shelf Life
■	White rice	25–35 lbs	25+ years
■	Pasta (assorted)	15–20 lbs	5–8 years
■	Rolled oats	10–15 lbs	5–30 years
■	All-purpose flour	10–15 lbs	1–2 years
■	Cornmeal	5–10 lbs	5+ years
■	Crackers / hardtack	4–6 boxes	1–2 years

■ Proteins

✓	Item	Qty / Person	Shelf Life
■	Canned tuna	12–20 cans	3–5 years
■	Canned chicken	10–15 cans	3–5 years
■	Canned salmon	6–10 cans	3–5 years
■	Dried pinto beans	8–10 lbs	8–30 years
■	Dried lentils	5–8 lbs	8–30 years
■	Dried black beans	5–8 lbs	8–30 years
■	Peanut butter	6–8 jars	1–2 years
■	Canned ham / SPAM	4–6 cans	3–5 years

■ Canned Fruits & Vegetables

✓	Item	Qty / Person	Shelf Life
■	Canned diced tomatoes	12–18 cans	3–5 years
■	Canned corn	10–15 cans	3–5 years
■	Canned green beans	10–15 cans	3–5 years

✓	Item	Qty / Person	Shelf Life
■	Canned mixed veggies	8–12 cans	3–5 years
■	Canned fruit (peaches/pears)	8–12 cans	2–4 years
■	Pasta / tomato sauce	10–14 jars	2–3 years

■ Fats, Oils & Dairy

✓	Item	Qty / Person	Shelf Life
■	Olive oil or vegetable oil	3–4 liters	1–2 years
■	Coconut oil	2–3 lbs	2 years
■	Ghee (clarified butter)	2–3 jars	1–2 years
■	Powdered milk	8–12 lbs	2–25 years
■	Evaporated milk (canned)	10–14 cans	1–2 years

■ Baking Essentials & Sweeteners

✓	Item	Qty / Person	Shelf Life
■	White sugar	10–15 lbs	Indefinite
■	Honey	3–5 lbs	Indefinite
■	Salt	10 lbs	Indefinite
■	Baking soda	2–3 lbs	Indefinite
■	Baking powder	2–3 cans	1–2 years
■	Yeast (instant/dry)	1–2 lbs	2–4 years
■	Apple cider vinegar	2 bottles	Indefinite

■ Spices, Flavor & Comfort

✓	Item	Qty / Person	Shelf Life
■	Garlic powder	2–3 jars	2–3 years
■	Onion powder	2–3 jars	2–3 years
■	Cumin	1–2 jars	2–3 years
■	Chili powder	1–2 jars	2–3 years

✓	Item	Qty / Person	Shelf Life
■	Black pepper	2 jars	2–3 years
■	Bouillon cubes	2–3 boxes	2 years
■	Soy sauce	2 bottles	3 years
■	Coffee / tea	3-month supply	1–3 years
■	Hot chocolate mix	2–3 canisters	2 years
■	Hard candy / comfort snacks	Assorted	1–2 years

■ **Don't Forget Water!**

1 gallon per person per day = 90 gallons for 3 months