My 30 Day Food Storage Shopping Checklist

For a Family of Two

Check off each item as you bring it home. For four people, double the amounts. For six, triple them.

Week One: Water and Grains

- ☐ Water, 60 gallons (1 gallon per person per day)
- ☐ White rice, 20 pounds
- ☐ Rolled oats, 10 pounds
- ☐ Pasta, 10 pounds
- ☐ Crackers, 4 boxes

Week Two: Proteins

- ☐ Dried beans, 10 pounds (pinto, black, white)
- ☐ Canned beans, 12 cans
- ☐ Canned meats, 20 cans (chicken, tuna, salmon, ham, beef)
- ☐ Peanut butter, 4 jars (16 ounce)
- ☐ Powdered eggs, 1 can or pouch (optional)

Week Three: Fruits and Vegetables

- ☐ Canned vegetables, 30 cans
- ☐ Canned tomatoes and tomato sauce, 12 cans
- ☐ Canned fruit and applesauce, 20 cans or jars
- ☐ Dried fruit, 2 pounds
- ☐ Instant potato flakes, 2 large boxes
- ☐ Canned soups and stews, 15 cans

Week Four: Fats, Baking Basics, Seasonings, and Comfort Foods

- ☐ All purpose flour, 10 pounds
- ☐ Nonfat powdered milk, 1 large box
- ☐ Cooking oil, 1 and a half quarts
- ☐ Honey, 2 pounds
- ☐ Sugar, 5 pounds
- ☐ Salt, 2 containers
- ☐ Baking powder
- ☐ Baking soda
- ☐ Yeast
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Chili powder
- ☐ Cinnamon
- ☐ Italian seasoning
- ☐ Black pepper
- ☐ Bouillon cubes
- ☐ Coffee, tea, and hot cocoa mix
- ☐ Popcorn kernels
- ☐ A few candy bars or treats

Don't Forget These Essentials

- ☐ Manual can openers (2)
- ☐ Water filter
- ☐ Camp stove or butane burner with extra fuel
- ☐ Airtight containers or buckets for flour and grains
- ☐ Permanent marker for dating everything
- ☐ Special foods for allergies, babies, or medical needs
- ☐ Pet food

Storage Reminders

- ☐ Store in a cool, dark, dry place
- ☐ Write the purchase date on every item
- ☐ Put new items in back, use older items first
- ☐ Store what you eat and eat what you store

As always, may God bless this world, Linda