

Family Inventory: Plant Proteins

Guidelines: 5 lbs dry beans per person per month for one year.

Build a small supply of food (3 months) that is part of your normal, daily diet

Amount for Family for 1 year: _____

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Canned chili				
Canned refried beans				
Canned navy beans				
Canned red beans				
Dry red beans				
Dry navy beans				
Dry pinto beans				
Lentils				
Rice				
Wild Rice				
Quinoa				
Amaranth				
Buckwheat				
Millet				
Almonds whole				
Almonds, slivered				
Cashews				
Pecans				
Peanuts				
Peanut Butter				
Pistachios				
Flax Seed				
Chia Seeds				
Pumpkin Seeds				
Sesame Seeds				
Sunflower Seeds				

Family Inventory: Vegetables

Guidelines: Build a small supply of food (3 months) that is part of your normal, daily diet

Vegetables will increase the nutritive value of your food storage plan. Storing sprouts will provide live foods all year round. Freezing or dehydrating vegetables is the best way to preserve the nutritional value. Fresh potatoes, carrots, onions, squash and apples can be stored many months in a ventilated container in a cool location. Eat fresh vegetables in season. Plan to store 6 months of vegetables during the winter months.

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Tomato sauce				
Canned tomatoes				
Stewed Tomatoes				
Spaghetti sauce				
Enchilada sauce				
Salsa				
Canned pumpkin				
Canned artichoke hearts				
Canned green chili's				
Canned mushrooms				
Canned green beans				
Canned corn				
Alfalfa for sprouting				
Pro-Vita mix for sprouting				
Dehydrated tomatoes				
Dehydrated peas				
Dehydrated corn				

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Dehydrated carrots				
Dehydrated celery				
Dehydrated potatoes				
Dehydrated onions				
Dehydrated peppers				
Frozen green beans				
Frozen broccoli				
Frozen corn				
Frozen vegetable medley (California)				
Dill Pickles				

Family Inventory: Healthy Oils

Guidelines: Build a small supply of food (3 months) that is part of your normal, daily diet

It is best to store oils in small containers that will be used quickly after opening. Oils should be kept in a cool, dark and dry place to increase shelf life.

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Olive Oil				
Flax Seed Oil				
Grapeseed Oil				
Canola Oil				
Sunflower or Safflower Oil				
Coconut Oil				
Salad Dressing				
Italian Salad Dressing				
Ranch Salad Dressing				

Family Inventory: Herbs and Spices

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Allspice				
Almond flavoring				
Bay leaf				
Basil				
Black Pepper				
Cinnamon				
Clove				
Chili Powder				
Cumin				
Chives				
Crushed Red Pepper flakes				
Cayenne Pepper				
Curry Powder				
Cream of tartar				
Celery Seed				
Dill weed				
Garlic powder				
Ginger				
Italian Seasoning				
Minced garlic				
Mustard				
Nutmeg				
Onion powder				
Oregano				
Parsley				
Paprika				
Peppermint				
Rosemary				
Sage				
Seasoning salt				
Thyme				
Tabasco sauce				
Vanilla				

Family Inventory: Animal Products

Church Guidelines: Build a small supply of food (3 months) that is part of your normal, daily diet

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Powdered Milk				
Canned Milk				
Powdered buttermilk				
Parmesan cheese				
Romano cheese				
Frozen butter				
Canned butter				
Fresh eggs				
Frozen eggs				
Dehydrated eggs				
Canned chicken				
Canned beef				
Canned fish				
Jerky				

Family Inventory: Grains

Guidelines: 25 lb. per person per month for one year

Amount for family for one year _____

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
White flour				
Quick Oats				
Rolled Oats				
Multi-grain mix				
Corn meal				
Popcorn				
Macaroni				
Spaghetti				
Egg noodles				
Ready-to-eat cereal				
Wheat				

Family Inventory: Fruits

Guidelines: Build a small supply of food (3 months) that is part of your normal, daily diet

Fruits and fruit juices will increase the nutritive value of your food storage plan. Freezing or dehydrating fruits is the best way to preserve the nutritional value. Fresh apples can be stored many months in a ventilated container in a cool location. Eat fresh fruits in season. Plan to store 6 months of fruits during the winter months.

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Apple Juice				
Cherry Juice				
Pineapple Juice				
Grape Juice				
Pineapple				
Applesauce				
Frozen OJ concentrate				
Frozen Raspberry Juice Concentrate				
Frozen Strawberry Juice Conc.				
Frozen bananas				
Frozen strawberries				
Frozen raspberries				
Frozen blueberries				
Frozen peaches				
Frozen cherries				
Dehydrated banana chips				
Dehydrated raspberries				
Dehydrated blueberries				
Dehydrated apples				

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Apple Pie Filling				
Raisins				
Freezer raspberry jam				
Freezer strawberry jam				
Other Freezer jams				

Family Inventory – Baking Needs and Condiments

Guidelines: Build a small supply of food (3 months) that is part of your normal, daily diet

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Salt				
Baking Powder				
Baking Soda				
Baking Cocoa				
Yeast				
Gluten				
Dough Enhancer				
Better than Bouillon - chicken				
Better than bouillon - beef				
Brown Sauce for Gravy				
Sugar				
Honey				
Fructose				
Pure Maple Syrup				
Brown Sugar				
Powdered Sugar				
Xylitol				
Stevia				

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Malted Barley				
Soy Sauce				
Worcestershire Sauce				
Distilled white vinegar				
Apple cider vinegar				
Balsamic vinegar				

Family Inventory – Water/Nutritional Supplements

Item	Storage Amount (Goal)	Current Storage	Shelf/ Fridge/ Freezer	Container size & number
Water				
Meal Replacement Beverages				
Multi-Vitamins				
Digestive Enzymes (for canned meals)				

Family Inventory – Monthly Food Preparation

Make a kitchen day once a week to prepare foods ahead of time for convenience

Update Bag Meals and Freezer meals for the month

Update egg storage (eggs can be frozen – break open a dozen eggs and scramble them, pour into ice cube trays and freeze. Once frozen, remove eggs from trays and store in a freezer zip-loc bag. Thaw eggs before using in cakes, cookies, baked goods, and egg dishes. Eggs frozen in my ice cube trays require 2 cubes per egg.)

Make and freeze Whole wheat bread

Dinner Rolls – Mix, shape and freeze to bake later

Yogurt – 1 gallon

Granola

Granola bars for lunches

Baked and cubed chicken breasts

*(for chicken and broccoli casserole, Hawaiian Haystacks, chicken egg-rolls,
chicken lasagna)*

Browned and frozen hamburger

(for taco salad, spaghetti, beef stroganoff)

Make turkey sausage

(for pizza, breakfast burritos)

Pressure can beef or chicken

Prepare frozen and canned beans

Alfalfa sprouts and Bean Mix sprouts

Mayonnaise