

Food Storage Inventory – Shelf storage (cool, dark and dry)

Plant Proteins:

Item	Storage Amount (Goal)	Container size & number
Canned chili	8 lb	8 – 1 lb cans
Canned refried beans	8 lb	8 – 1 lb cans
Canned navy beans	5 lb	5 – 1 lb cans or 5 pints
Canned red beans	5 lb	5 – 1 lb cans or 5 pints
Dry red beans	100 lb	2 five gallon buckets
Dry navy beans	100 lb	2 five gallon buckets
Dry pinto beans	100 lb	2 five gallon buckets
Dry black beans	25 lb	1 five gallon bucket
Lentils	50 lb	6 cans from cannery 1 five gallon bucket
Jasmine or Basmati Rice	50 lb	7 food saver bags – vacuum sealed
Wild Rice	10 lb	2 food saver bags – vacuum sealed
Quinoa	20 lb	3 food saver bags – vacuum sealed
Amaranth	2 lb	3 pint jars
Buckwheat	2 lb	3 pint jars
Peanut Butter	10 lb	Purchased jars
Almond Milk	8 quarts	8 – 1 quart boxes
Coconut Milk	8 cans	8 – 12 oz cans

- Beans canned with oxygen absorbers will not sprout. Prepare these beans by pressure canning in pint jars. Use beans stored in buckets for sprouting. Canned beans should be used in complex CHO meals, Sprouted beans should be used in protein meals
- Jasmine or Basmati rice can be used in protein meals. Use canned white rice in CHO meals

Vegetables:

Item	Storage Amount (Goal)	Container size & number
Tomato sauce	48 – 8 oz cans	
Canned tomatoes	12 – 1 lb cans	
Stewed Tomatoes	6 - 1 lb cans	
Spaghetti sauce	12 quart jars	
Enchilada sauce	6 – 1 lb cans	
Salsa	12 pint jars	
Canned pumpkin	12 – 1 lb cans	

Canned artichoke hearts	3 – 1 lb cans
Canned green chili's	12 – small cans
Canned green beans	6 – 1 lb cans
Canned corn	6 – 1 lb cans
Dill Pickles	3 pint jars
Alfalfa for sprouting	3 lbs
Pro-Vita mix for sprouting	1 lb
Dehydrated tomatoes	4 quart jars
Dehydrated peas	1 #10 can
Dehydrated corn	1 #10 can
Dehydrated carrots	3 #10 cans
Dehydrated celery	1 #10 can
Dehydrated zucchini	6 pints each season
Dehydrated potatoes	40 lb dehydrated hashbrowns 25 lb potato flakes
Dehydrated onions	3 #10 cans
Dehydrated peppers	1 pint jar for each type of pepper- each season
Vegetable broth	4 quart boxes
Potatoes	50 lb each season – keep cool and dark
Onion	25 lb each season – keep cool and dark
Winter squash	

Healthy Oils:

Item	Storage Amount (Goal) Container size & number
Olive Oil	16 – 1 quart containers
Flax Seed Oil	Purchase one at a time – store in fridge
Grapeseed Oil	4 pints
Canola Oil	1 gallon – 4 1-quart containers
Sunflower or Safflower Oil	2 gallon – 8 1-quart containers
Coconut Oil	2 pints
Salad Dressing	4 quarts
Mayonnaise	2 quarts
Italian Salad Dressing	3 purchased containers
Ranch Salad Dressing	3 purchased containers

Animal Products

Item	Storage Amount (Goal) Container size & number
Powdered Milk	150 lbs. 50 #10 cans
Canned Milk	12 – 12 oz cans
Powdered buttermilk	6 - 1 lb cans
Parmesan cheese	3 – 8 oz containers
Romano cheese	3 – 8 oz containers
Canned butter	8 pint jars
Fresh eggs	4 dozen – in grain buckets
Dehydrated eggs	2 five gallon buckets – egg whites
Canned chicken	12 cans
Canned beef	12 cans
Jerky	
Chicken broth	6 – 1 quart boxes
Beef broth	6 – 1 quart boxes

Grains

Item	Storage Amount (Goal)	Container size & number
White flour	150 lb	6 – 5 gallon buckets
Rolled Oats	100 lb	
Multi-grain mix		6 - #10 cans
Long-grain white rice	100 lb	
Corn meal	40 lb	2 – 5 gallon buckets
Kamut	2 lb	3 pint jars
Spelt	5 lb	2 quart jars
Popcorn	100 lb	4 – 5 gallon buckets
Macaroni	20 lb	7 – 3 lb Food Saver bags
Spaghetti	10 lbs	5 #10 cans 10 – 1 lb pkgs
Egg noodles		3 – 1 lb pkgs
Rainbow Rotini	10 lbs	10 – 1 lb Food Saver bags
Ready-to-eat cereal		4 Boxes Life 2 bags honey-nut cheerios 1 box Wheaties 1 box Rice Chex 1 box Rice Krispies
Wheat	1800 lb	36 – 50# bags
Farina		2 #10 cans
Cracked Wheat	50 lbs	2 – 5 gallon buckets

Fruits

Item	Storage Amount (Goal) Container size & number
Apple Juice	3 gallons – 6 ½ gallon containers
Cherry Juice	3 gallons – 6 ½ gallon containers
Pineapple Juice	12 individual serving cans
Grape Juice	24 quarts each fall
Pineapple tid-bits	12 small cans
Applesauce	12 pints each fall
Dehydrated banana chips	2 #10 cans
Dehydrated raspberries	2 #10 cans
Dehydrated blueberries	1 #10 can
Dehydrated apples	2 #10 cans
Dehydrated peaches	1 #10 can
Dehydrated strawberries	1 #10 can
Apple Pie Filling	12 quarts each fall
Canned peaches	24 pints each fall
Canned pears	24 pints each fall
Raisins	4 lb
Dehydrated apricots	4 lb
Dehydrated plums	4 lb

Baking Needs and Condiments

Item	Storage Amount (goal) Container size & number
Salt	50 lb. 1 - 5 gallon bucket
Baking Powder	3 – 10 oz canisters
Baking Soda	6 – 1 lb boxes
Baking Cocoa	3 – 8 oz containers
Corn Starch	3 – 1 lb boxes
Yeast	6 – 1 lb vacuum sealed containers
Gluten	3 #10 cans
Dough Enhancer	6 – 21 oz cans
Better than Bouillon - chicken	6 – 8 oz jars
Better than bouillon - beef	6 – 8 oz jars
Brown Sauce for Gravy	1 – 8 oz container
Sugar	180 lb. 6 – 6 gallon buckets
Honey	50 lb. 10 – 5 lb containers
Fructose	5 lbs
Pure Maple Syrup	2 – 12 oz containers
Molasses	2 – 24 oz bottles
Brown Sugar	20 lbs.: 5 – 4 lb bags
Powdered Sugar	20 lbs. 5 – 4 lb bags

Xylitol	5 lb
Stevia	2 – spice size containers
Ketchup	12 – 24 oz bottles
mustard	2 – 8 oz bottles
Cr.of Chicken soup	12 – 12 oz cans
Cr. Of mushroom soup	12 – 12 oz cans
Tomato soup	12 – 12 oz cans
Chicken noodle soup	12 – 12 oz cans
Spaghetto's	12- 12 oz cans
Malted Barley	2 – 1 lb bags
Soy Sauce	2 – 10 oz bottles
Worcestershire sauce	2 – 15 oz bottles
Distilled White vinegar	1 gallon
Apple Cider Vinegar	1 gallon
Balsamic vinegar	16 oz

Water/Nutritional Supplements

Item	Storage Amount (Goal)	Container size & number
Water	49 gallons for drinking 49 gallons for cleaning	13 – 5 gallon boxes Store additional water in empty canning jars 50 gallon drum
Meal Replacement Beverages		6 canisters - Lepterra
Multi-Vitamins	2 capsules a day for 90 days	14 bottles – 120 tablets
Digestive Enzymes (for canned meals)		12 bottles – 60 tablets

Bag Meals (store two of each – replace as needed)

Vegetable Ministrone
Turkey Tetrazinni
Sun Dried Tomato Pasta
Santa Fe Chicken Pilaf
Turkey Dinner

Food Storage Inventory – Freezer Storage

Plant Proteins

Item	Storage Amount (Goal)	Container size & number
Sprouted navy beans		6 – 1 quart bags
Sprouted red beans		6 – 1 quart bags
Sprouted white beans		6 – 1 quart bags
Sprouted black beans		6 – 1 quart bags
Millet	2 lb	2 quart jars
Almonds whole	5 lb	3 quart jars
Almonds, slivered	4 lb	8 pint jars
Cashews	2 lb	2 quart jars
Peanuts	5 lb	5 – 1 lb jars
Pistachios	5 lb	5 quart jars - unshelled
Flax Seed	5 lb	Pint jars
Chia Seeds	5 lb	Pint jars
Pumpkin Seeds	3 lb	3 quart jars
Sesame Seeds	2 lb	Pint jars
Sunflower Seeds	5 lb	Pint jars

Vegetables

Item	Storage Amount (Goal)	Container size & number
Frozen peas	3 – 1 lb bags	
Frozen green beans	3 – 1 lb bags	
Frozen broccoli	6 – 1 lb bags	
Frozen corn	6 – 1 lb bags	
Frozen vegetable medley (California)	6 – 1 lb bags	

Animal Products

Item	Storage Amount (Goal)	Container size & number
Grated cheddar cheese	10 lb - 8 pints	
Grated mozzarella cheese	10 lb - 8 pints	
Butter	8 lb	
Frozen eggs	4 dozen	
Ground turkey	2 – 1 lb packages	
Ground hamburger	6 – 1 lb packages 4 – 1 pint bags – pre-browned	
Chicken breasts	15 lb 4 – 1 pint bags – precooked and cut	
Bacon	4 – 1 lb packages	
Roast	2 roasts	

Fruits

Item	Container size & number
Frozen OJ concentrate	4 – 12 oz cartons
Frozen Raspberry Juice Concentrate	2 – 12 oz cartons
Frozen Strawberry Juice Conc.	2 – 12 oz cartons
Frozen bananas	12 – 1 pint bags
Frozen strawberries	6 – 1 quart bags each season
Frozen raspberries	6 – 1 quart bags each season
Frozen blueberries	6 – 1 quart bags each season
Frozen peaches	6 – 1 quart bags each season
Frozen cherries	6 – 1 quart bags each season
Freezer raspberry jam	8 jelly jars
Freezer strawberry jam	8 jelly jars
Other freezer jams	8 jelly jars

Freezer Meals update as needed

Freezer Meals	Amount
Chicken Enchiladas	2
Country Chicken Vegetable Casserole	2
Meatballs (triple recipe makes 90 meatballs)	4 quart bags
Mexican Meatballs	4 quart bags
Meatloaf	2 loaf pans

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

Whole wheat bread – 4 loaves

White bread – 4 loaves

Dinner Rolls – Mix 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)

Prepare frozen and canned beans

Alfalfa sprouts and Bean Mix sprouts

Mayonnaise

Make up mixes:

white sauce mix

beef gravy mix

chili mix

waffle mix