

ONE MONTH IN A BOX

submitted by Robert Waldrop

One 20 quart size powdered milk (4 pounds)
One 10 lb bag rice
Two 4 lb bags beans
Two 3 lb bags of macaroni
Three 13 ounce quick oats
Two 5 lb bags flour
One 8 ounce baking cocoa
One 4 lb bag of sugar
One 10 oz baking powder
One 8 oz baking soda
One 4 lb jar of peanut butter
One 1 qt bottle of syrup
30 miscellaneous cans (soups, vegetables, chili, etc.)
One bottle hot sauce
One bottle soy sauce
9 miscellaneous spice bottles
2 vitamin bottles
One 4 ounce bottle of vanilla extract
One 4 ounce bottle of yeast
One 16 oz bottle of jalapeno peppers
One copy Better Times Cookbook and Almanac of Useful Information for Poor People

I found a 23 inches by 21 inches by 10 inches computer box, and all of above food fit into the box, with the lid folding flat and would fit underneath a bed or table. . The above would provide the following daily servings: (for one person)

2-1/2 cups milk
1-1/2 cups cooked rice
1-1/2 cups cooked beans
1-1/2 cups cooked macaroni
1 cup cooked oats
1 cup flour
4 Tbs. peanut butter
1 miscellaneous can of food
Plus daily sugar and spice

I am not in the business of giving nutritional advice, but it seems that if a half gallon or so of cooking oil, another can per day and a serving of fruit juice (equivalent of another can) are added, which wouldn't fit in this space, you'd be all right for a month. Depending on the assortment of cans, a variety of stuff can be made from these ingredients, including cinnamon rolls, oatmeal cookies, peanut butter cookies, tuna casserole, etc.