

Food Storage
One Plan * One Year * One adult Person

Food Groups	foods in group	suggested lbs	expiration	item cost	1 person	store	container	full bag = qty mylar	notes & shared items
Water 2 week reserve	1 gallon bottles	14 (1 gallon bottles)	2-5 years	\$ 0.58	\$ 8.12	walmart	1 gal plastic		
Grains 400 lbs									
	Wheat, White	4 (25 lbs) =100	no expiration	\$ 5.25	\$ 21.00	LDS Center	drum or freezer	5	
	Flour	6 (25 lbs) =150	3-5 years	\$ 5.50	\$ 33.00	LDS Center	mylar/can	5	
	Rice	2 (25lbs) =50	5 years	\$ 6.00	\$ 12.00	LDS Center	mylar/can	5	
	Oatmeal	2 (25 lbs) =50	5 years	\$ 8.25	\$ 16.50	LDS Center	mylar/can	9	
	Cornmeal	3 (1.8 lb)=5.4 lbs	5 years	\$ 1.44	\$ 4.32	walmart	freezer		
	Spaghetti	2 (25 lbs) =50	8 years	\$ 14.75	\$ 29.50	LDS Center	mylar/can	6	
Legumes & Protein 60 lbs									
	Refried Beans	1 (25 lbs bag)	5 years	\$ 26.00	\$ 26.00	LDS Center	mylar/can	10	
	Beans, black & pinto	1/2 (25 lbs) bag	8 years	\$ 12.75	\$ 6.25	LDS Center	mylar/can	5	2 share 25 lbs bag (25 lbs bag =\$12.75)
optional	Peanut Butter	4 jars=5 lbs	1-2 year	\$ 5.99	\$ 29.95	costco	original pkg		1(20 oz) bags
	Chicken, canned	15 cans=11.7 lbs	2 years	\$ 65.40	\$ 65.40	walmart	original pkg		1(12.5 oz) =\$2.18
	Tuna, canned	20 cans=7.5 lbs	2 years	\$ 18.00	\$ 18.00	walmart	original pkg		1 (6 oz) .50 each
Fats & Oils 10 quarts									small consecrated olive oil for blessings
	Vegetable Oil	2 (48 fl) bottles	2 years	\$ 4.96	\$ 4.96	walmart	original pkg		1.5 qt=48 fl
	Shortening	5 (1.5 qt) cans	no expiration	\$ 1.86	\$ 9.30	walmart	original pkg		1.86 per can
optional	Mayonnaise	1 qt	1 year	\$ 1.56	\$ 1.56	walmart	original pkg		
optional	Salad Dressing	1 bottle (16 oz)	1 year	\$ 1.78	\$ 1.78	walmart	original pkg		
Milk Group 16 lbs									
	non-fat powder milk	1/2 (25 lbs) bag	3 years	\$ 28.25	\$ 14.13	LDS Center	mylar/can	7	2 share 25 lbs bag
	milk, evaporated	8 (12 oz)cans	1 year	\$ 5.99	\$ 5.99	costco	original pkg		
Sugar & Honey 60 lbs									
	granulated sugar	2 bags (25 lbs)	no expiration	\$ 9.75	\$ 19.50	LDS Center	mylar/can	5	no oxygen absorber needed
	Honey	3 (24 oz) bottles	2 year	\$ 7.59	\$ 7.59	costco	original pkg		packaged 3 (24 oz) bottles
optional	Brown Sugar	2 (2 lbs bag)	1 year	\$ 2.00	\$ 2.00	walmart	original pkg		
optional	Molasses		1 year			grocery	original pkg		
optional	Corn syrup					grocery	original pkg		
optional	Jam/Jelly	4 jars	1 1/2 years	\$ 1.45	\$ 5.78	costco	original pkg		Smuckers 2 (32 oz)
optional	Fruit drink mix	1/2 (25 lbs) bag	8-10 years			LDS Center	mylar/can	5	25 lbs bag= \$28.50
Misc. & Fruits/Vegetables									
	fruits, canned	32 cans =30 lbs	2 years	\$ 0.84	\$ 26.88	walmart	original pkg		15oz can
	vegetables, canned	32 cans=30.5 lbs	2 years	\$ 0.56	\$ 19.96	costco	original pkg		15.25 oz
	salt/original pkg.	4(1 lbs 10 oz) boxes	no expiration	\$ 0.46	\$ 1.84	walmart	original pkg		
	baking soda	1box	2 years	\$ 0.38	\$ 0.38	walmart	original pkg		1 box = 1lbs
	baking powder	1box	2 years	\$ 0.36	\$ 0.36	walmart	original pkg		1 box = 10 oz
	dry yeast	11 (trio packet) =5 lbs	1 yr (longer in freezer)	\$ 1.18	\$ 12.98	walmart	original pkg		3x1/4oz pouch=trio
	bleach	1 (1gal 46 oz) bottle	no expiration	\$ 1.84	\$ 1.84	walmart	original pkg		purify water
optional	soup, canned	12 cans=8 lbs	1 1/2 years	\$ 1.00	\$ 11.98	costco	original pkg		can=10.75 oz
optional	soup, dry	1 (25 lbs) bag	5 years	\$ 12.50	\$ 12.50	LDS Center	mylar/can		
optional	potatoes, instant	1/2 (40 lbs) bag	2-3 years			LDS Center	mylar/can	13	40 lbs bag= \$49.60
optional	Apple Slices, dehyd.	1/2 (15 lbs) bag	6-8 years			LDS Center	mylar/can	12	15 lbs bag= \$52.35
COST	1 person cost per month		\$ 35.95			cost for 1 person		\$	431.35

Sargent 2005

LDS plan provided "food groups", recommended lbs. amounts, packaging/storage info & most expiration dates.

*"I am suggesting that the time has come to get our houses in order.
We have witnessed in recent weeks wide and fearsome swings in the markets of the world. The economy is a fragile thing.
There is a **portent** of stormy **weather** ahead to which we had better give heed."*

Gordon B. Hinckley Nov-98

72 hour/Grab-n-go Kits keep in backpack one for each family member

total cost approx \$30.00

Food Items:	expiration	Cost:	Order #
MRE's Meals	exp. 5 years	\$6.99 X 3 = \$ 21.00	3500's main dish
9 Water pouch	exp. 5 years	\$.28 X 9 = \$ 2.52	35317 (64/case)
Backpack		\$7.00	95131

Misc items	Cost \$5-\$10
*emergency phone list	*flashlight & Matches
*change of clothes	*money/small bills
*books or card game	*band-aids, ointment
*Map	*Compass
	*AM radio
	wipes
*Medicine	*Black trash bag (toilet)
*Family History/CD photos	* Book of Mormon

ORDERING INFO: SOS 15705 Strathern St #12 Van Nuys CA

SOS (800) 479-7998