Suggested Amounts To Store For One Year: From the Federal Emergency Management Agency Uncooked Dry Goods: (Note: We have added the increased caloric need of Pregnant or Nursing Mothers and the growth spurt of Teenagers to Column A and the caloric need of Youths age 7-13 and Seniors to column B.):

	Column A	Column B	Column C
FEMA Recommendations	Adult Male Pregnant or Nursing Mother Some active teenagers 14-18	Adult Female Seniors Some teenagers. Youths age 7 - 13	Small Children age 6 or under
Wheat	275 lbs	175 lbs	60 lbs
Other Grains	125 lbs	115 lbs	50 lbs
Legumes (Beans and Peas)	75 lbs	50 lbs	15 lbs
Ezekiel Mix or Ezekiel Mix Organic takes the place of wheat, other grains and legumes in this chart.	= 475 lbs wheat, grains and legumes/year or 11.87 gallon buckets/year @40#/bucket 12 buckets EZ-mix/year (1 bucket per month)	= 340 lbs wheat, grains and legumes/year or 8.25 buckets/year 9 buckets EZ-mix/year (.8 bucket/month)	= 125 lbs. wheat, grains and legumes/year or 3.12 6 gallon buckets/year 4 buckets EZ-mix/year (1/3 buckets/month)
Sweeteners	65 lbs	60 lbs	40 lbs
Powdered Milk*	60 lbs	60 lbs	80 lbs
Eggs - #10cans*	2 cans	2 cans	1 cans
Salt	10 lbs	10 lbs	2 lbs
* Optional. Not an absolute necessity. (Some info in red ink above added by a retired nurse.)			

Using these guidelines we believe that pregnant women, & teenagers between the ages of 14 and 18 should be calculated the same as adult males. Youths between 7 and 13 calculated as adult females and children 6 or under at the small children rate. Seniors can manage at the adult female rate Column B. So:

Adult males, pregnant females, nursing mothers and active teenage boys age 14-18 need 1 bucket per month or 12 Buckets/year.

Adult females, most teen age girls, youths between 7 and 13 and Seniors need .825 bucket per month each or 9 buckets/year.

Small children 6 or under need 1/3 bucket per month or 4 buckets/year.

Calculate the number of buckets you need to feed your family by figuring how many are Column A persons, how many are Column B and how many are Column C. Each 6 gallon bucket holds 40 lb. of Ezekiel Mix. Both Super Pails (SP) and Regular Buckets (RB) are packed oxygen free. Please call us toll free 1-888-201-6785 to figure your food storage needs for Ezekiel Bread Mix. Note: We can fit 32 buckets either SP or RB plus additional cans up to 1,600 lbs. on one pallet shipping by Freight. Exception: Pool Truck pallets start at 2,000 lb. and can hold up to 2,500 lbs. Shipping is a separate charge. Quotes may be given for Pool Truck, Freight and UPS. You choose the method.

Amounts to Store

Notes from the Federal Emergency Mgmt. Agency:

"Long-Term Food Supplies.
In the unlikely event of a military attack or some other national disaster, you may need long-term emergency food supplies. The best approach is to store large amounts of staples along with a variety of canned and dried foods. Bulk quantities of wheat, corn, beans and salt are inexpensive and have nearly unlimited shelf life. If necessary, you could survive for years on small daily amounts of these staples.

Store wheat, corn and beans in sealed cans or plastic buckets. Buy powdered milk in nitrogen-packed cans. And leave salt and vitamin C in their original packages. Rotate Vitamin C every two years"

Suggested Amounts To Store For One Year: From the Federal Emergency Management Agency

Uncooked Dry Goods

	Column A	Column B	Column C
	Adult Male	Women Youths	Small Children
Wheat	275 lbs	175 lbs	60 lbs
Other Grains	125 lbs	115 lbs	50 lbs
Legumes (Beans and Peas)	75 lbs	50 lbs	15 lbs
Sweeteners	65 lbs	60 lbs	40 lbs
Powdered Milk*	60 lbs	60 lbs	80 lbs
Eggs -#10cans*	2 cans	2 cans	1 cans
Salt	10 lbs	10 lbs	2 lbs
* Optional. Not an absolute necessity.			

We at AAOOB Storable Foods have calculated your Ezekiel Bread Mix and Grains and Beans Staple packages in such a way as to meet these guidelines. We believe

Pregnant or Nursing women, Teenagers between 13 - 17 & Adult Males should be calculated from Column A,

Seniors, Youths from ages 7 to 12 and Adult Females from Column B;

and Small Children 6 and under from Column C.

Our packages take the place of Wheat, Other Grains and Legumes in the chart above. You will still need to store Sweeteners and Salt as noted above. You may need to recalculate for your family needs based upon the numbers and ages of your family unit.

Example Calculation using the above table: Dad, Mom, 3 yr. old, 5yr. old, 11yr. old.
See, Grains & Beans. Supplement with Ezekiel Bread Mix, high protein, complete nutrition survival food.

Multiplier:	1xCol. A	2xCol. B	2xCol. C	Totals
Wheat	275 lbs	350 lbs	120 lbs	=745 lbs

Other Grains	125 lbs	230 lbs	100 lbs	=455
Legumes	75 lbs	100 lbs	30lbs	=205
Sweeteners	65 lbs	120 lbs	80 lbs	=265
Salt	10 lbs	20 lbs	4 lbs	=34

This translates into:

Wheat	745 lbs	@ 40 lbs/pail=24.8 pails
Other Grains	455 lbs	@ 40 lbs/pail=15.1 pails
Legumes	205 lbs	@ 40 lbs/pail=6.8 pails
Sweeteners	265 lbs	@ 50 lbs/pail=5.3 pails
Salt	34 lbs	@ 50 lbs/pail=0.7 pails

Rounding off and depending upon the weight, we see 20 wheat, 10-15 other grains (depends on weight), 7-8 beans, 5-6 sugar, 1 salt;

pails = 48-52 pails (1 pallet = 48 pails)

approximately 1644 Lbs for a family of 5. See, the FEMA Family Unit or the popular Ezekiel Bread Mix Family Unit for inexpensive whole grain staple one year survival foods. See, Grain Mills, for manual, electric or dual powered grain, bean, seed and herb grinders and mills.