



Instructions

The long term food storage calculator can help serve as a guide for your families storage needs, and as an inventory sheet of what you have stored, and what you need to purchase.

To use the calculator sheet:

1. Print out the long term food storage calculator sheet.
2. Multiply the number of adults in your family times the standard per adult for each ingredient, and fill in the “needed for adults” column.
3. Multiply the number of children under 7 in your family by the standard per child for each ingredient, and fill in the “needed for children” column.
4. Add the “needed for adults” column and the “needed for children” column and put that sum in the “total to store” column.
5. Fill out the “cost/unit” column with the prices you purchase each of these ingredients for.
6. Multiply the “total to store” column by the “cost/unit” column for your “total cost” column.
7. Inventory what you have on hand and put it in the “have stored” column.
8. Subtract the “have stored” column from the “total to store” column to get how much you “need to purchase” column.



<http://foodstoragemadeeasy.net>

Your Family		<i>Long Term Food Storage Calculator and Inventory Sheet</i>								
Adults	0									
Children (Under 7)	0									
Family Name:	Standard Per Adult	Standard Per Child	Adults in your family	Children in your family	Total to Store for family	Unit	Cost/Unit	TOTAL COST	Have Stored	Need to Purchase
Grains										
Wheat	150	75				lbs				
Flour	25	12				lbs				
Corn Meal	25	12				lbs				
Oats	25	12				lbs				
Rice	50	25				lbs				
Pasta	25	12				lbs				
Total Grains	300	148				lbs				
Fats and Oils										
Shortening	4	2				lbs				
Vegetable Oil	2	1				gal				
Mayonnaise	2	1				qts				
Salad Dressing	1	1				qts				
Peanut Butter	4	2				lbs				
Total Fats	13	7				lbs				
Legumes										
Beans, dry	30	15				lbs				
Lima Beans	5	1				lbs				
Soy Beans	10	5				lbs				
Split Peas	5	1				lbs				
Lentils	5	1				lbs				
Dry Soup Mix	5	1				lbs				
Total Legumes	60	24				lbs				
Sugars										
Honey	3	1				lbs				
Sugar	40	20				lbs				
Brown Sugar	3	1				lbs				
Molasses	1	1				lbs				
Corn Syrup	3	1				lbs				
Jams	3	1				lbs				
Fruit drink powdered	6	3				lbs				
Flavored Gelatin	1	1				lbs				
Total Sugars	60	29				lbs				
Milk										
Dry Milk	60	30				lbs				
Evaporated Milk	12	6				can				
Other - Powdered Eggs	4	2				lbs				
Total Dairy	75	37				lbs				
Cooking Essentials										
Baking Powder	1	1				lbs				
Baking Soda	1	1				lbs				
Yeast	0.5	0.5				lbs				
Salt	5	3				lbs				
Vinegar	0.5	0.5				gal				
Total Cooking Essentials	8	6				lbs				