

Getting Started on Your Food Storage

It is best to start your food storage with what you're already eating. Expand your food storage beyond food staples by purchasing two extra cans of food you regularly eat and replenishing each can as you use it.

Start your long-term food storage by gradually building a store of staple food items like flour, rice, oats, pasta, beans, sugar, and powdered milk. Rotate your food storage according to expiration dates, and use the products in everyday cooking.

Nutritionists recommend storing food that provides 2,000–2,400 calories per day and adequate protein. Adjust your food storage based on your taste preferences and dietary needs.

Food Storage

Store your food in a dark and moderately cool place with a temperature between 50 and 70 degrees Fahrenheit (10 and 21 degrees Celsius). Avoid putting it in your attic or garage because varying temperatures shorten the shelf life of your food.

Water Storage

Storing water is essential. Be sure to store water and rotate it frequently. If you buy prepackaged water bottles, rotate them every year, and don't store them directly on cement floors. If you store tap water, keep it in PET/PETE labeled plastic bottles (two-liter soda bottles work fine) and rotate the water every six months.

It's also important to have a way to filter water, like a handheld pump or water purification tablets.

Nonfood Items

To help make your food storage more accessible and usable, include a can opener, measuring cups, and a grain grinder with your food storage. Consider keeping recipes on hand that use your food storage items.

Quick Tips

- Dried apple slices can be reconstituted with water or eaten dry as a snack.
- To speed up the soaking time for dried beans, cover them with water and bring to a boil. Then remove the beans from the heat and soak them for one hour.
- Various items are on sale each month at home storage centers.
- For a location near you, visit [FoodStorage.ChurchofJesusChrist.org](https://www.FoodStorage.ChurchofJesusChrist.org).
- Check your local home storage center for other available food items.



Basic Food Storage Items

	Shelf Life	One-Month Supply (Per Person)	One-Year Supply (Per Person)
Wheat (red, white)	30 years	2 #10 cans	54 #10 cans of grains total
White flour	10 years	2 #10 cans	
Rice	30 years	1 #10 can	
Pasta (spaghetti bites, macaroni)	30 years	½ #10 can	
Oats (quick, regular)	30 years	1 #10 can	
Beans (black, pinto, great northern, refried)	30 years (refried beans, 5 years)	1 #10 can	12 #10 cans of beans total
Milk (dried)	20 years	2 pouches per month	12 #10 cans or 28 pouches
Sugar (molasses*, honey, other sweeteners*)	30 years	1 #10 can	12 #10 cans
Apple slices, dried (other dried fruit)	30 years	½ #10 can	6 #10 cans
Potato flakes (potato pearl pouches)	30 years	1 #10 can	12 #10 cans
Carrots, dried	10 years	¼ #10 can	3 #10 cans
Onions, dried	30 years	As needed	1 #10 can
Salt, iodized*	30 years	10 ounces	Five 26-ounce salt containers (8 pounds)
Baking soda*	1 year	As needed	One 1-pound box
Baking powder*	Indefinitely (unopened)	As needed	Four 16-ounce containers (4 pounds)
Vitamin C tablets* (substitute with multivitamin)	Varies	1 per day	1 per day (365)
Fats and oils (cooking oil*, shortening*, butter*, mayonnaise*, peanut butter)	Varies	As needed	Cooking oil—2 gallons Shortening—9 pounds Butter—6 pounds Peanut butter—6 pounds
Berry drink mix	2 years	As needed	8 pouches
Granola	1 year	1 pouch (16 servings)	12 pouches
Spices/seasonings*	Several years (varies)	As needed	As needed
Eggs (dried)*	3 years	As needed	2 #10 cans
Yeast*	5 years	2.6 ounces	2 pounds

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*Items with an * are not sold at home storage centers.*