










3 Month Food Storage Calculator

The recommendations below are the BASIC suggested amount of food you should store pre-calculated based on the age, gender, based on 3 months, using the LDS Food Storage Calculator and USDA statistical averages. These numbers are not meant to provide exact numbers but to help you decide what's best for your family's needs for 3 months. Compare the items you already have in food storage with the calculated average below. Multiply these numbers by 4 if you'd like to see what you'd have to store for 1 year.


Average Female 12+ years		
	Grains	<i>Total</i> 75 lbs.
	Wheat	35 lbs.
	Enriched White Flour	5 lbs.
	Corn Meal	7 lbs.
	Rolled Oats	7 lbs.
	Enriched White Rice	14 lbs.
	Pearled Barley	1 lbs.
	Pasta	7 lbs.
	Legumes	<i>Total</i> 15 lbs.
	Dry Beans	11 lbs.
	Dry Lima Beans	0.5 lbs.
	Dry Soy Beans	0.5 lbs.
	Dry Split Peas	0.5 lbs.
	Dairy	<i>Total</i> 18 lbs.
	Nonfat Dry Milk	14 lbs.
	Evaporated Milk (12-oz can)	3 cans
	Other	3 lbs.
	Sugars	<i>Total</i> 16 lbs.
	Granulated Sugar	10 lbs.
	Brown Sugar	1 lbs.
	Molasses	0.3 lbs.
	Honey	0.8 lbs.
	Corn Syrup	0.8 lbs.
	Jams or Preserves	1 lbs.
	Powdered Fruit Drink	2 lbs.
	Flavored Gelatin	0.3 lbs.
		Fats & Oils
Vegetable Oil		2 quarts
Shortening		1.5 quarts
Mayonnaise		0.3 quarts
Salad Dressing		0.3 quarts
	Water (2 Weeks)	
	Water	14 gal.
	Misc	
	Bleach	1 gal.
	Salt	2 lbs.
	Dry Yeast	0.2 lbs.
	Baking Soda	0.3 lbs.
Baking Powder	0.3 lbs.	
Vinegar	0.5 quarts	

Average Male 12+ years		
	Grains	<i>Total</i> 100 lbs.
	Wheat	44 lbs.
	Enriched White Flour	5 lbs.
	Corn Meal	8 lbs.
	Rolled Oats	13 lbs.
	Enriched White Rice	20 lbs.
	Pearled Barley	1 lbs.
	Pasta	10 lbs.


The rest of the food levels are the same.


Household Items	Fill In
	feminine hygiene
	paper towels
	soap-bath
	soap-detergent
	soap-dish
	toilet paper
	toothbrush
	toothpaste
	Other

Medication	Fill In
	pain reliever
	vitamins
	Other

1-12 Year Old Boy or Girl		
	Grains	<i>Total</i> 57 lbs.
	Wheat	27 lbs.
	Enriched White Flour	2 lbs.
	Corn Meal	6 lbs.
	Rolled Oats	6 lbs.
	Enriched White Rice	11 lbs.
	Pearled Barley	0.3 lbs.
	Pasta	6 lbs.

The rest of the food levels are the same.

Babies	Fill In
	baby cereal
	baby dinners
	baby formula
	baby fruit
	baby vegetables
	diapers
	Other

Pets	Fill In
	Dry Food
	Water
	Toy
	Bedding
	Carrier/Crate

REMINDER: This is a starter list, you'll still want some meat, cheese, vegetables, and other things that you like to eat.

Money Saving Tip

Purchase up to 42 cans and can those items for 2.5 hours at the Lindon Dry Pack Cannery and you'll get a huge discount. A savings up to 50% off. Supplies are limited to what they have in-stock. OR Buy in bulk and just pick it up!

Lindon Dry Pack Cannery
 Leave a message to make an Appointment
(801) 785-0997
 940 West Center
 Lindon, Utah 84042
 Fax: (801) 785-7467



Download the order form at: www.ProvidentLiving.org

	1 #10 Can	Cannery \$	Retail \$
Wheat		\$2.37	\$5.70
Black Beans		\$4.72	\$9.95
Sugar		\$4.00	\$10.95

Recommended Food Storage Products

Starter Kit



\$25.95

6 - #10 CANS OF WHEAT



\$21.00

6 - #10 Cans of Rice



\$30.50

6 - #10 Cans of P. Beans



\$29.80

Production and Storage Pamphlet



\$1.20

All items above include S&H.

Order online at
www.LDScatalog.org

Note: If you love to bake make sure to adjust for your baking needs. Personally, we will need at least 6 lbs of Chocolate Chip Morsels for making cookies. :)