

Emergency Food Storage

Two to six months depending on family size

SIX - 5 GALLON FOOD GRADE BUCKETS sealed with dry ice or with oxygen absorbers

- Bucket I – Oat Meal** (*WinCo*)
 - 25 lb sack of oatmeal (*will fill one and a half 5 gallon buckets*)
- Bucket II – Pasta** (*WinCo*)
 - 20 lb of elbow macaroni (*in cardboard box*)
 - 4 packages of angel hair noodles (*quick cooking*)
- Bucket III – Rice** (*Costco*)
 - 25 lb white long grain
 - Box of large *Minute Rice* placed in two 1-gallon ziploc bags
- Bucket IV – Pancake Flour and Syrup**
 - 2 large bags of Krusteaz Pancake mix, can be left in sack (*Costco*)
 - 2 bottles of butter flavored syrup (*WinCo*)
- Bucket V – Variety of Legumes and Grains** with favorite recipes (*WinCo*)
 - Pinto beans, white navy beans, small red beans (*2 lb each*)
 - Pearled Barley (*4 lb*)
 - Split peas (*4 lb*)
 - Lentils (*4 lb*)
 - Quinoa (*4 lb*)
 - Whole kernel pop corn (*4 lb*)
- Bucket VI – Whole Wheat or Grain of Choice**
 - 25 lb of whole grain Hard Red Wheat (*Red Wheat Berry Kernels at WinCo*)

TWELVE - #10 cans of freeze dried or dehydrated food (*WinCo*)

- Chicken, beef, sausage flavored TVP (*one or two cans each*)
- Spaghetti sauce and tomato sauce
- Alfredo sauce
- Sour cream
- Cheddar cheese
- Dehydrated onions
- Powered milk
- Scrambled eggs
- Instant mashed potatoes, diced potatoes and hash browns (*one or two cans each*)

Refrigerator

- Extra virgin olive oil (*2 large dark glass containers of Extra virgin olive oil. Re: Kirkland brand at Costco*)
- Butter (*ten one pound packages in freezer*)
- Canned meats (*Tuna in oil, chicken breast, sardines in oil, Ham SPAM, Turkey SPAM, Salmon*)

Cupboard

- Peanut butter - *4 large jars (Costco)*
- Canned soups & chili (*two dozen*)
- Boxes and bags of dry cereals
- Glass jars of favorite pasta sauces (*spaghetti, alfredo*)
- Jello and pudding mixes (*dozen each*)
- Flour, sugar, coffee, and tea
- Favorite spices: extra salt, pepper, garlic powder, basil, cumin, bay leaves, chili powder, etc. (*WinCo*)