

Getting started on 3 months food storage for your family

Step 1

Print out guidelines for the amounts of food that would last one adult for 3 months:

Step 2

Step 3

Circle People in your Family >		1	2	3	4	5	6	7	8	9		<i>Write below what you have</i>
Foods												
Grain	kg	45	90	135	180	225	270	315	360	405		
Legumes	kg	7	14	20	27	34	41	47	54	61		
Powdered Milk	kg	2	4	5	7	9	11	13	14	16		
Cooking Oil	kg	2	5	7	10	12	14	17	19	21		
Sugar/Honey	kg	7	14	20	27	34	41	47	54	61		
Salt	.kg	1	2	3	4	5	5	6	7	8		
Water	litres	56	112	168	224	280	336	392	448	504		

more help: www.ldslink.com/bb