

## *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**

<b>Circle People in your Family &gt;</b>		1	2	3	4	5	6	7	8	9		<i>Write below what you have</i>
<b>Foods</b>												
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		