

BASIC FOOD STORAGE AMOUNTS CONVERSION CHART

This chart will help you convert the lbs, qts, etc. amounts into other storable sizes by dividing your "Family Needs" by the "Cntr. Size/Weight." You may have to convert items to ounces. I chose container sizes that were easier for me to store. You may choose something else. The end result will be a useable Basic Food Storage list. I've also suggested locations for you to purchase items, but they are local to my area. Good luck!

1. Go to "Interactive Food Storage Calculator" on the LDS website to create a family food storage report <http://www.providentliving.org/emergencyprep/calculator/>
2. The website program assigns a factor to each family member based on age and sex.
3. Adjust amounts to suit family preferences, and then print out a report to use on my chart
4. Change the "Family Needs" amounts in the column below to your family needs instead of the ones listed. You will then need to divide the Family Needs by the Container Size. For instance if your Wheat has a Family Needs amount of 350 lbs, then divide 350 by 5.8 = 60 #10 cans.

(Sample Family: Males - Adult, 13; Females - Adult, 9, Infant)

Food	Family Needs	Container Size	# of Cntrs.	Store Locations
Wheat	703 lbs	5.80 Lb. #10 Can	121	LDS Dry Pack
Enriched white flour	70 lbs	4.80 Lb. #10 Can	15	LDS Dry Pack
Corn meal	100 lbs	4.50 Lb. #10 Can	22	LDS Dry Pack
Popcorn (Or grind)	30 lbs	4.50 Lb. #10 Can	7	LDS Dry Pack
Rolled/Quick oats	173 lbs	3.20 Lb. #10 Can	54	LDS Dry Pack
Enriched white rice	309 lbs	5.70 Lb. #10 Can	54	LDS Dry Pack
Pearled barley	14 lbs	5.75 Lb. #10 Can	2	Waltonfeed.com
Spaghetti	100 lbs	4.50 Lb. #10 Can	22	LDS Dry Pack
Macaroni	53 lbs	3.40 Lb. #10 Can	16	LDS Dry Pack
Dry beans - various	220 lbs	5.00 Lb. #10 Can	44	LDS Dry Pack
Dry beans, lima	10 lbs	5.50 Lb. #10 Can	2	Waltonfeed.com
Dry soy beans	10 lbs	5.25 Lb. #10 Can	2	Waltonfeed.com
Dry split peas	10 lbs	5.50 Lb. #10 Can	2	Waltonfeed.com
Dry lentils	10 lbs	5.50 Lb. #10 Can	2	Waltonfeed.com
Dry soup mix	34 lbs	5.20 Lb. #10 Can	7	LDS Dry Pack
Cooking oil	24 qts	48 oz. btl.	16	Grocery store
Shortening (3 lb. cntr.)	10 qts	48 oz. cntr.	7	Grocery store
Mayonnaise	5 qts	32 oz. jar	5	Grocery store
Salad dressing (mayo)	5 qts	32 oz. jar	5	Grocery store
Peanut butter	5 qts	40 oz. jar	4	Sam's Club
Nonfat dry milk	69 lbs	4.10 Lb. #10 Can	17	LDS Dry Pack
Evaporated milk (12 oz.)	59 cans	12 oz. can	59	Sam's Club
Granulated sugar	196 lbs	6.00 Lb. #10 Can	33	LDS Dry Pack
Brown sugar	15 lbs	4 lb. bag	4	Sam's Club
Molasses	5 lbs	12 oz. btl.	3	Grocery store
Honey	15 lbs	5 lb. cntr.	3	Sam's Club
Corn syrup	15 lbs	64 oz. cntr.	4	Sam's Club
Jams or preserves	24 lbs	32 oz. jar	12	Sam's Club
Powdered fruit drink (Tang)	29 lbs	4.5 lbs cntr.	6	Sam's Club
Flavored gelatin	5 lbs	5.5 oz. box	15	Grocery store
Salt	39 lb	26 oz cntr	24	Grocery store
Dry yeast	2 lb	1 lb. cntr	2	Sam's Club
Baking soda	5 lb	16 oz. box	5	Grocery store

Baking powder	5 lb	10 oz cntr	8	Grocery store
Water	69 gal	55 gal drum	2	Home
Garden seeds	10 ea	10 packets	10	Walmart
Multiple Vitamins	1825 tabs	365 tabs	5	Walmart
First Aid Kit	1 ea	1 ea	1	Walmart

This is a list of Non-food storage items that are helpful to store. See providentliving.org or “Essentials of Home Production & Storage,” a wonderful booklet by the LDS church for more information. I also have more Food Storage books listed on my website.

Non-Food	Family Needs	Item Size	# of Items	Store Locations
Manual can opener	1 ea	1 ea		Walmart
Ax	1 ea	1 ea		Walmart
Matches	250 matches	250 matches		Walmart
Candles	10 ea	1 ea		Walmart
Shovel	1 ea	1 ea		Walmart
Wood/Coal	1 ton	1 ton		Walmart
Flashlight	1 ea	1 ea		Walmart
Batteries, various sizes	50 ea	1 ea		Sam's Club
Propane, 5 gal	2 tank	1 tank		Various
Wheat grinder (manual)	1 ea	1 ea		Waltonfeed.com
AM/FM Radio	1 ea	1 ea		Walmart
Camping stove	1 ea	1 ea		Walmart
Sewing machine	1 ea	1 ea		Various
Gardening supplies	1 ea	1 ea		Walmart
Blankets/Quilts	1 ea	1 ea		Walmart/homemade
Sleeping bags	1 ea	1 ea		Walmart
Clothing	7 sets per person	1 ea		Various
Socks	14 pr. per person	2 pack		Various
Underwear	7 prs. per person	1 ea		Various
Boots	1 per person	1 ea		Various
Coats	1 per person	1 ea		Various

(Clothing does not need to be stored, but that you should have it on hand. However, if you make an emergency kit, the change of clothing in it should be stored away.)