

**Long Term Food Storage  
Calculator & Inventory  
Worksheet**

Our Family		Home Pantry Storage Inventory Worksheet						
Adults								
Children (Under 7)								
# of MONTHS desired								
Pantry Item	Standard Per Adult PER YEAR	Standard Per Child PER YEAR	Total Need for Family	Unit	Cost/Unit	TOTAL COST	Have Stored	Need to Purchase
<b>Staples</b>								
<b>Grains</b>								
Wheat	150	75		lbs				
Flour	25	12		lbs				
Corn Meal	25	12		lbs				
Oats	25	12		lbs				
Rice	50	25		lbs				
Pasta	25	12		lbs				
<i>Total Grains</i>	<i>300</i>	<i>148</i>		<i>lbs</i>				
<b>Healthy Fats and Oils</b>								
Olive Oil	4	2		lbs				
Vegetable Oil	2	1		gal				
Mayonnaise	2	1		qts				
Salad Dressing	1	1		qts				
Peanut Butter	4	2		lbs				
<b>Legumes</b>								
Beans, dry	30	15		lbs				
Lima Beans	5	1		lbs				
Soy Beans	10	5		lbs				
Split Peas	5	1		lbs				
Lentils	5	1		lbs				
Dry Soup Mix	5	1		lbs				

## Long Term Food Storage Calculator & Inventory Worksheet

<i>Total Legumes</i>	60	24		<i>lbs</i>				
<b>Sugars</b>								
Honey	3	1		<i>lbs</i>				
Sugar	40	20		<i>lbs</i>				
Brown Sugar	3	1		<i>lbs</i>				
Molasses	1	1		<i>lbs</i>				
Corn Syrup	3	1		<i>lbs</i>				
Jams	3	1		<i>lbs</i>				
Fruit drink powdered	6	3		<i>lbs</i>				
Flavored Gelatin	1	1		<i>lbs</i>				
<i>Total Sugars</i>	60	29		<i>lbs</i>				
<b>Milk</b>								
Dry Milk	60	30		<i>lbs</i>				
Evaporated Milk	12	6		<i>can</i>				
Other - Powdered Eggs	4	2		<i>lbs</i>				
<b>Baking Essentials</b>								
Baking Powder	1	1		<i>lbs</i>				
Baking Soda	1	1		<i>lbs</i>				
Yeast	0.5	0.5		<i>lbs</i>				
Salt	5	3		<i>lbs</i>				
Vinegar	0.5	0.5		<i>gal</i>				

## Healthy

### Dry Beans & Peas

Lentils-green, brown								
Garbanzo or chickpeas								
Pinto beans								
Black beans								

## Long Term Food Storage Calculator & Inventory Worksheet

Navy beans								
Black-eyed peas								
<b>Whole Grains</b>								
Oats - bulk, affordable								
Rice - bulk, affordable								
Quinoa								
Corn								
Gluten Free Pasta								
Sprouted Flours								
Wheats								
Millet								
<b>Smoothie Supplements</b>								
Dried Cherries, blueberries, cranberries								
Beet Root Powder								
Cacao Nibs & Powder								
Flax Meal								
Nutritional Yeast								
Whey, Peanut, Pea, Hemp Protein Powders								
<b>Fruits &amp; Vegetables</b>								
Root Veggies								

## Long Term Food Storage Calculator & Inventory Worksheet

Dried Garlic								
Beets								
Onions								
Shallots, Chives, Green Onions								
Ginger Root								
Sweet Potatoes								
White potatoes								
<b>Winter Squash</b>								
Pumpkin								
Acorn								
Butternut								
Spaghetti Squash								
<b>Tomatoes</b>								
Tomato Paste								
Tomato Sauce								
Chopped Tomatoes								
Tomato Pickles								
Sun-Dried Tomatoes in oil								
Asst'd Fruits--Dried, Brandied, Pickled. Canned								
Asst'd Veggies—Dried, Pickled, in oil or Canned								
<b>Drinks &amp; Pure Water</b>								
Matcha Green Teas								
Assorted Herbal Teas								
Decaf Coffee or chicory								
Sparkling Waters with Natural Flavors								
Ginger Ale								

## Long Term Food Storage Calculator & Inventory Worksheet

Tonic Water - Quinine								
Juices								
Distilled Water								
Filtered - ZeroWater Filter Pitchers, Berkey, etc								
Spring Water								
55 Gallon Rain Barrel, Food Grade	365			gal				
<b>Nuts &amp; Seeds</b>								
Walnuts								
Almonds								
Pecans								
Peanuts								
Chia seeds								
Pumpkin seeds								
Sunflower seeds								
Hemp Protein Meal & Seeds								
Sesame seeds								
Nut Butters								
<b>Dried Herbs &amp; Spices</b>								
Salt (sea, kosher, Pink, grey, iodized, celtic)								
Black Pepper								
Turmeric								
Ginger								
Garlic, granulated								

## Long Term Food Storage Calculator & Inventory Worksheet

Onion powder								
Chile, Paprika powder								
Cayenne pepper								
Oregano								
Cinnamon								
Marjoram								
<b>Healthy Oils</b>								
Coconut								
EV Olive Oil								
Grapeseed Oil								
Toasted sesame oil								
Sunflower, Vitamin E rich								
<b>Vinegar &amp; Lemon Juice</b>								
Apple cider vinegar – raw, unfiltered								
White Vinegar - most acidic								
Red wine, rice or balsamic vinegar								
Bottled Lemon Juice								
<b>Sauces &amp; Condiments</b>								
Pepper sauces (hot sauce)								
Ketchup								

## Long Term Food Storage Calculator & Inventory Worksheet

Mustard: Plain, Honey, Dijon, Brown, Spicy								
BBQ Sauces								
Salad Dressings								
<b>Jar &amp; Canned Goods</b>								
Chili Beans								
Soups, Broths								
Tomato paste & sauces								
Pumpkin								
Jams, Fruit Spreads								
Pickles								
Wild Alaskan salmon								
Sardines								
Tuna								
<b>Sweeteners</b>								
Maple Syrup								
Honey								
Sugars, unprocessed								
Coconut sugar								
Molasses								





**Long Term Food Storage  
Calculator & Inventory  
Worksheet**


**Notes**