

## Action Plan – Food Storage

This worksheet is designed to help readers develop an effective food storage action plan using information provided in Chapter 10 (Designer Food Storage Plans) of [\*The Provident Prepper: A Common-Sense Guide to Preparing for Emergencies\*](#).

### Now You Know – Let’s Develop a Plan

You need to know the number of people, ages, special nutritional requirements of each, personal preferences, dietary limitations along with any special needs. Kylene’s big one is chocolate. We promise you would not want to be around her when she’s having chocolate withdrawals. Is someone gluten intolerant? Allergic to milk? Hate lima beans? Absolutely love granola? Seriously take these things into consideration. Do not store foods you do not like or will not eat. Tailor the plan for personal needs and preferences.

Next set a goal for the amount of time you want your storage to last. We recommend a goal of a three month supply of foods you eat every day and a supply of longer-term storage items. That is enough food to see you through most crises and prevent any from going to waste. It is your plan. How long do you want your food stores to last? Take a minute and complete the following table.

<b>Food Storage Plan Considerations</b>	
<b>Number of people</b>	
<b>Ages</b>	
<b>Special nutritional requirements</b>	
<b>Personal preferences</b>	
<b>Dietary limitations</b>	
<b>Special needs</b>	
<b>Caloric Requirements (Basic)</b> Adult Male 2400-3200 Adult Female 2000-2400	
<b>Shorter term storage goal</b> (length of time for every day foods)	
<b>Longer term storage goal</b> (length of time for 25-30 year shelf life foods)	

There is no one *right* storage plan, or *one-size-fits-all*, when it comes to food storage. Review the plans for building a three month supply of everyday foods in the book. Think about which plan feels right for you, or create your own. The goal is to be able to survive without going to the grocery store for three months ... or whatever amount of time you decide you need to be prepared to survive.

Shorter Term Food Storage Plan	
<b>Goal</b> – How long do you want your supplies to last?	
<b>Method</b> – How do you plan on getting the job done?	
<b>Finance</b> – How are you going to afford it?	
<b>Storage Space</b> – Where will you put it all? (See Chapter 11)	
<b>Rotate</b> – How will you rotate it to prevent waste?	

We personally use a menu plan that enables us to rotate through longer term storage items as well. Jonathan plugs all of the information into a spreadsheet and calculates the exact ingredients needed for a specified time period. When ketchup goes on sale we know exactly how much we need to meet our goal.

We stock basic cooking necessities (spices, baking powder, baking soda, salt, sugar, flour, corn starch, dried onions, etc.) in addition to the ingredients for each of our recipes. This is our menu plan. We are always trying new recipes, but these are regulars at our table. Fresh fruits and vegetables are served with every meal whenever they are available.

<b>Jones Menu Plan</b>			
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Treats/Snacks</b>
Favorite items are repeated. Two week rotation.	No menu – just keep basic ingredients on hand	We rotate through these recipes and supplement them with garden produce or canned fruits and veggies	No menu – we just keep the item or basic ingredients on hand
Waffles Oatmeal Pancakes Cold cereal French toast Muffins Cornbread/syrup Pancakes Muffins Granola Coffee Cake Cinnamon Rolls Waffles  **We add a variety of toppings: applesauce, fruit syrups, bottled fruit, jams, etc. to serve as well as side dishes from our chickens and garden potatoes or vegetables most of the year.	Bread (scratch) Peanut butter Jam Honey Tuna Canned chicken Mayonnaise Pickles Canned soup Crackers Ramen noodles Bottled fruit Canned veggies	Pasta goulash Rice and gravy Pinto beans and rice Stew Spaghetti Parmesan pasta Chili Goulash over rice Potatoes and gravy Chevy's beans Chicken noodle soup Black beans and rice Vegetable soup Mexican bar Biscuits and gravy Sweet beans Fried rice Lima beans and cornbread Potato soup White chili Split pea soup	Cowboy cookies Brownies (box mix) No-Bake cookies Cobbler Apple pie Cake Oatmeal cookies Brownies (scratch) Fruit leather Dried fruits Nuts Seeds Chocolate candy  Vitamin supplements

### Longer Term Food Storage

Longer term food storage is made up of very basic ingredients that store for a long period of time, up to 30 years. You could choose to store a variety of grains and legumes that do not require a grinder, if you prefer. This table calculates the number of pounds required for survival rations of basic storage grains and legumes.

<b>Basic Long Term Food Storage Calculations</b>		
<b>Storage Item</b>	<b>Number of People</b>	<b>Total</b>
<b>Grains (wheat, rice, oats, corn, rye, barley, pasta, etc.)</b> 300 pounds x		=
<b>Legumes (beans, peas, lentils, etc.)</b> 60 pounds x		=

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Remember the purpose of longer term food storage is to sustain life during an extended crisis. You don't even have to rotate it if you do not want to. A three month supply of every day food storage will get you safely through the majority of disasters without compromising your current diet. A garden will supplement the longer term storage foods and increase nutrition.

<b>Longer Term Food Storage</b>			
<b>Goal: pounds of: grain _____ legumes _____ dehydrated foods _____</b>			
<b>Longer Term Storage Item</b>	<b>Goal</b>	<b>Plan to Accumulate Supplies</b>	<b>Done</b>
Garden Seeds (packaged for longer term storage)			
Grains Wheat Rye Spelt Barley White rice Oats Kamut Pasta			
Legumes Pinto beans Black beans White beans Red beans Split peas Lentils			
Dehydrated Vegetables Bell peppers Hot peppers Celery Onions Carrots Potatoes			

Dehydrated Fruits Apple slices Strawberries Bananas			
Powdered milk			
Sugar (granulated)			
Salt Iodized table salt Pickling salt			
Baking Soda			
Dehydrated convenience foods			

It would be a good idea to store a good manual can opener or two, a plastic bucket opener, basic cooking tools, a good quality grinder, a recipe book for cooking from basic food storage, a book on gardening basics (including seed saving), and a book on basic homesteading and survival skills.