

Recommended 1-Yr Storage from www.providentliving.org

	<i>Ch:1-5</i>	<i>M:6-16</i>	<i>M:17+</i>	<i>F:6-10</i>	<i>F:11-16</i>	<i>F:17+</i>
Wheat	106	337	175	181	134	130
Enriched white flour	9	30	20	13	11	11
Corn meal	22	74	30	25	29	27
Rolled oats	22	74	50	25	29	27
Enriched white rice	45	149	80	63	59	55
Pearled barley	1	7	5	2	2	2
Spaghetti or macaroni	22	74	40	25	29	27
Dry beans	45	90	45	45	45	45
Dry lima beans	2	4	2	2	2	2
Dry soy beans	2	4	2	2	2	2
Dry split peas	2	4	2	2	2	2
Dry lentils	2	4	2	2	2	2
Dry soup mix	7	14	7	7	7	7
Cooking oil - Qts	5	10	5	5	5	5
Shortening - Qts	2	4	2	2	2	2
Mayonnaise - Qts	1	2	1	1	1	1
Salad dressg (mayo type) Qts	1	2	1	1	1	1
Peanut butter - Qts	1	2	1	1	1	1
Nonfat dry milk (lbs)	14	28	14	14	14	14
Evaporated milk (12-oz can)	12	24	12	12	12	12
Granulated sugar	40	80	40	40	40	40
Brown sugar	3	6	3	3	3	3
Molasses	1	2	1	1	1	1
Honey	3	6	3	3	3	3
Corn syrup	3	6	3	3	3	3
Jams or preserves	5	10	5	5	5	5
Powdered fruit drink	6	12	6	6	6	6
Flavored gelatin	1	2	1	1	1	1
Salt	8	8	8	8	8	8
Dry yeast	0.5	1	0.5	0.5	0.5	0.5
Baking soda	1	2	1	1	1	1
Baking powder	1	2	1	1	1	1
Water (Gallons)	14	14	14	14	14	14

Unless otherwise noted, everything is in pounds

Fruits and vegetables in any form would enhance the nutritional value of this diet