

Wheat Storage -- For a loaf of bread per day for one year
by Glenda Rowley - Cedar City, UT (Revised 2008)

1 5-gallon bucket = 72 cups of dry wheat
1 #10 can = 12 cups of dry wheat
6 #10 cans = 1 5-gallon bucket

9 cups dry wheat = 15 cups whole wheat flour (or times 1.7)
12 cups whole wheat flour = 1 batch whole wheat bread or 5 medium loaves
1 5-gallon bucket = 122 cups whole wheat flour or 10 batches of bread

By the 5-gallon bucket

72 cups of dry wheat
122 cups of whole wheat flour
10 batches of whole wheat bread
50 medium loaves of whole wheat bread

To make into bread, you will also need:

10 cups sugar or 1 5-lb. bag (1 cup sugar = .5 lbs.)
1 cup salt (1 package salt = 3 cups)
5 cups oil or 1 quart + 1 cup or 40-oz. container
1 lb. dry yeast or 1 16-oz. package SAF or Fermipan instant yeast
1¼ cups vital wheat gluten
2/3 cup dough enhancer

For a little over one loaf of bread per day for one year, you will need:

8 5-gallon buckets of wheat (or 48 #10 cans)
** 2 25-lb. bags of sugar or 30 lbs. of honey
3 26-oz. canisters of iodized salt
2.5 gallons of oil
8 1-lb. packages of instant yeast
12 cups (3 27-oz. canisters) of vital wheat gluten
6 cups (2 21-oz. canisters) of dough enhancer

By the #10 can

12 cups of dry wheat
20 cups of whole wheat flour
1.5 batches of whole wheat bread
8 medium loaves of whole wheat bread
6 cans = 1 5-gallon bucket

To make into bread, you will also need:

1 1/2 cups sugar or 3/4 cup honey
3 Tbl. salt
3/4 cup oil
5 Tbl. dry yeast or instant yeast
4 Tbl. vital wheat gluten
2 Tbl. dough enhancer

For a little over 1 loaf of bread per day for one year, you will need:

48 #10 cans dry wheat and all the other ingredients listed above **

*** *Put some butter & honey on your bread and make it even more enjoyable****