

3 Month BASIC Food Supply

Based off Recommendations From
The Church of Jesus Christ of Latter-day Saints

Type of Food	Number of Pounds for Adults	Number of Pounds for Children (under 12)	Example of Food Items
Grains:	92 lbs	60 lbs	Flour, Wheat, Rice, Oats, Corn Meal, Quinoa, Cuscus, Grits, Barley
Legumes:	14 lbs	9 lbs	Dried Beans: Pinto, Navy, Great Northern, Black, Split Peas Nuts and Canned Beans
Dairy:	7 lbs	4 lbs	Powdered Milk, Powdered Cheese
Sugar:	14 lbs	9 lbs	White Sugar, Brown Sugar, Powdered Sugar, Honey, Maple Syrup, Molasses
Leavening:	1 lb	1 lb	Yeast, Baking Powder, Baking Soda
Salt:	1 lb	1 lb	Table Salt, Sea Salt, Soy Sauce, Bouillon
Fats:	7 lbs	5 lbs	Vegetable Oil, Shortening, Olive Oil, Avocado Oil, Coconut Oil

Example:

3-Month Food Insurance Policy

For 2 Adults & 2 Children (under 12)

Total Spent = \$277.32

Grains (305 lb)

Type of Grain How much needed	Weight of Package & Price	# Packs Needed x Price = Total Cost
Flour: 200 lb	25 lb = \$5.99 (C)	8 x \$5.99 = \$47.92
Rice: 75 lb	25 lb = \$9.28 (S or C)	3 x \$9.28 = \$27.84
Pasta: 24 lb	6 lb = \$4.88 (S)	4 x \$4.68 = \$18.56
Oats: 10 lb	10 lb = \$8.89 (S or C)	1 x \$8.89 = \$8.89

LEGUMES (46 lb)

Type of Legume How much needed	Weight of Package & Price	# Packs Needed x Price = Total Cost
Dried Pinto Beans: 25 lb	25 lb = \$13.29 (C)	1 x \$13.29 = \$13.29
Canned Black Beans	(1) 6pack = \$4.88 (S)	2 x \$4.88 = \$9.76
Canned Pinto Beans	(1) 6 pack = \$4.88 (S)	2 x \$4.88 = \$9.76

Dairy (14 lb)

Type of Dairy How much needed	Weight of Package & Price	# Packs Needed x Price = Total Cost
Powdered Milk 14 lb	70.4 oz = \$14.98 (S)*	3 x \$14.98 = \$44.94

All items purchased at Sams Club (S), Costco (C) and Frys (F)

Prices Subject to Change

SUGAR (46 lb)

Type of Sugar How much needed	Weight of Package & Price	# Packs Needed x Price = Total Cost
White Sugar 25 lb	25 lb = \$13.68 (S)	1 x \$13.68 = \$13.68
Brown Sugar 7 lb	7 lb = \$4.88 (S)	1 x \$4.88 = \$4.88
Powdered Sugar 7 lb	7 lb = \$4.88 (S)	1 x \$4.88 = \$4.88
Honey 10 lb	80 oz = \$9.99 (S or C)	2 x \$9.99 = \$19.98

LEAVENING (5 lb)

Type of Leavening How much needed	Weight of Package & Price	# Packs Needed x Price = Total Cost
Yeast 2 lb	2 lb = \$4.98 (S)	1 x \$4.98 = \$4.98
Baking Powder 2lb	1 lb = \$1.39 (F)	2 x \$1.39 = 2.78
Baking Soda 2 lb*	1 lb = \$.59 (F)	2 x \$.59 = \$1.18

*I would recommend buying baking soda in bulk at Sams or Costco. You won't need that much for cooking, but it is a good idea to have for cleaning. 15 lb = \$7.74 (S)

SALT (5 lb)

How much needed	Weight of Package & Price	# Packs Needed x Price = Total Cost
Salt 5 lb	4 lb = \$.94 (S)	2 x \$.94 = \$1.88

FAT (23 lb)

Type of Fat How much needed	Weight of Package & Price	# Packs Needed x Price = Total Cost
Vegetable Oil 12 lb	(3 qt) 2 pack = \$7.28 (S)	1 x \$7.28 = \$7.28
Olive Oil 9 lb	2L = \$12.98 (S)	2 x \$12.98 = 25.96
Crisco 6 lbs*	6 lb = \$8.84 (S)	1 x \$8.84 = \$8.84

*Crisco is good to have because it has a long shelf life, can be used as a butter replacement and can be melted down to oil.

All items purchased at Sams Club (S), Costco (C) and Frys (F)

Prices Subject to Change

Additional Notes:

* The items listed are for a **VERY** basic 3 month supply. You will want to consider adding additional items such as:

Canned/bottled fruits and veggies

Canned/bottled meats

Sauces (pasta, soy sauce, condiments, Asian sauces)

Spices

Vinegars (for cooking and cleaning)

Freeze dried and dehydrated food (Substantially more expensive but has a 25+ year shelf life))

*The type of items you buy can be adapted to fit your family's needs, but the number of pounds in each main category (ie. grains, legumes, dairy) **must remain the same.**

*Long term food storage items can be purchased

Online at:

<https://store.churchofjesuschrist.org/usa/en>

Click on the tab All Categories

In the drop down, click on Food Storage

In Person at:

Gilbert: 1697 E Williams Field Rd, Gilbert, AZ 85295

Open Saturday 9am- 12pm, Wednesday 12pm-6pm

Mesa: 235 S El Dorado Cir, Mesa, AZ 85202

Open Saturday 9am- 12pm, Tuesday 12pm-6pm

*An easy to use Food Storage Calculator using The Church of Jesus Christ of Latter-day Saints recommendations can be found at:

<https://providentliving.com/preparedness/food-storage/foodcalc/>