

## Food Storage Basics

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*"It may someday be as important to store food as it was for Noah and his family to board the ark....Members of the Church of Jesus Christ of Latter-day Saints have been instructed to personally store a year's supply of food, clothing, and where possible, fuel. By following this counsel, most members will be prepared and able to care for themselves and their family members, and be able to share with others as needed."*

-President Ezra Taft Benson  
Ensign Magazine May 1977, pg.82

### Start with a Plan

Begin by looking for food that is inexpensive and space-efficient to store. For charts that allow you to plan your basic food storage in less than 20 minutes see the Web Resources section of this document.

### Food Storage Basics

Leslie and Lisa recommend the following food storage staples:

- Whole-Grains. These are a staple of food storage. There are many options with grains such as wheat, rice, macaroni, barley, pasta, split-peas.
- Legumes. For legumes, beans are a great option as well as store canned meats such as roast beef, ham, turkey or chicken. Remember to switch the meats out pound for pound with your dried legumes.
- Powdered Milk. It is possible to store as little as 16 pounds of powdered milk if you increase the grains to 400 pounds per person. Currently there is ongoing research about whether this option provides enough calcium in the diet. Most brands will recommend storing for 3-5 years but some will last for 10 or more years.
- Oil. Of all the different types of food-storage things, oil has the tightest shelf-life. It stores for 1-2 years if in a cool, dark place. Crisco brand, however, actually says that their shortening, if stored properly, will last indefinitely. Mayonnaise, peanut butter, and salad dressings--all would count for oils as well.
- Salt. Salt is important in the diet.
- Water. Water storage should be 14 gallons per person. Now this is different from and in addition to a 72 hour supply which is 3 gallons per person.
- Canned Goods. Canned goods that you will actually eat add variety to a food storage diet. Canned foods should be used within 2 to 2 1/2 years but store indefinitely if unopened and undamaged.

## Storage

Although a cool, dark basement room is the ideal place to store your food, you may need to find creative ways to keep your cans and boxes. Shelves in the front hall closet or in other locations in your house or apartment can provide plenty of storage space.

Packaging of your food can greatly affect its shelf-life. Moisture, light, and air all adversely affect food. Airtight and opaque packaging enables your food to last for longer periods.

For a handy chart to determine shelf life see the Web Resources section of this document.

## Further Reading

[Emergency Food Storage in a Nutshell](#)

*by Leslie Probert and Lisa Harkness*

[Emergency Food Storage & Survival Handbook: Everything You Need to Know to Keep Your Family Safe in a Crisis](#)

*by Peggy Layton*

[Food Storage for the Clueless](#)

*by Clark L. Kidd*

[Eating Off the Grid: Storing and Cooking Foods Without Electricity](#)

*by Denise Hansen*

[15 Minute Storage Meals: Quick, Healthful Recipes & Food Storage Handbook](#)

*by Jayne Benkendorf*

## Web Resources

Charts that allow you to plan your basic food storage in less than 20 minutes

- Estimated Food Storage Needs For One Year  
[http://www.byub.org/livingessentials/info\\_files/resources/EstimatedNeeds.htm](http://www.byub.org/livingessentials/info_files/resources/EstimatedNeeds.htm)
- Shelf Life of Food Storage Items  
[http://www.byub.org/livingessentials/info\\_files/resources/ShelfLife.htm](http://www.byub.org/livingessentials/info_files/resources/ShelfLife.htm)
- Basic Food Storage Plan  
[http://www.byub.org/livingessentials/info\\_files/resources/FoodStoragePlan.htm](http://www.byub.org/livingessentials/info_files/resources/FoodStoragePlan.htm)

Provident Living: Food Storage and Emergency Preparation

<http://www.providentliving.org/channel/1,11677,1706-1,00.html>

Survivor Industries, Inc.

<http://www.survivorind.com/products.html>

Nitro-Pak Preparedness Center

<http://www.nitro-pak.com/index.php/cPath/38>

Emergency Essentials

<http://www.beprepared.com>

Food Storage & Provident Living Newsletter

<http://www.hashworks.com/foodstorage.htm>

Long Life Food Depot

<http://www.longlifefood.com>

Powervision: Emergency Food Storage Solutions

<http://www.permapak.net>

Provident Living Center

<http://providentlivingcenter.com>