



Year's Worth of Food Storage for One Person: Essential Foods and Quantities

Food Storage	One Month (per person)	One Year (per person)	Other Important information
Grains : Wheat, Rice, Flour, Corn meal, Oats, Pasta, etc.	25 – 33 lbs.	300 lbs. – 400 lbs.	35-40 lbs. estimated fit in a 5-Gallon bucket
Legumes : Beans, Lentils, Split Peas, Soybeans, Lima Beans, Dry Soup Mixes, etc.	5.5 - 6 lbs.	60- 70 lbs.	35-40 lbs. estimated fit in a 5-Gallon bucket
Dried Meats : Jerky (1 year shelf life). Eggs, beef, chicken, fish, ham, spam, turkey, and other meats like lunch meats. Canned meats* : beef, Spam, fish, pork, chicken, etc.	2 - 10 lbs.*	25 – 120 lbs. (An average family of 4 will eat about 900 lbs. of meat per year)	Recommend storing more than 25 lbs of meat. Freeze-Dried is best option with freeze-dried meat equaling about 1/3 per lb of fresh meat. Use Mylar for freeze-dried, home canned, and store-bought canned goods.
Fats and Oils : Vegetable Oil, Peanut Butter, Lard, Shortening, etc.	2 lbs.	25 lbs.	These need to be rotated regularly as fats go rancid fast, especially at high temperatures.
Milk & Dairy : Powdered Milk	7.5 lbs.	90 lbs.	Add about 2 cans of evaporated Milk per month to the est. lbs. You can also freeze-dry milk and a variety of non-dairy milk, such as oat milk.
Sugars : Sugar, Brown sugar, Honey, Powdered Drink Mixes, Jams, etc.	5 lbs.	60 lbs.	If you are canning, you will want more sugar.
Cooking Essentials : Salt, Baking Powder, Yeast, Vinegar, seasoning, etc.	.7 lbs.	8 lbs.	Storing seasonings in smaller amounts is really
Vegetables : Freeze-dried , dehydrated, or canned.	15 lbs.	185 lbs.	1-quart is equal to about 2–3 lbs. of vegetables
Fruits : Dried or canned - home canned or store bought	15 lbs.	185 lbs.	1-quart canned fruit is equal to about 2–3 lbs. of fruit.
Water Storage	30 Gallons	360 Gallons	½ gallon for drinking the rest is for cleaning and cooking. If you have animals, you must plan for a lot more water storage.

*Storing meat can be challenging if you lack the means to home-can or freeze-dry it. In such cases, opting for canned (store-bought) meats might be your best choice. Additionally, dehydrating meat is another viable option, while a diverse range of legumes and vegetables can also provide ample protein.

Do you have any additional questions about storing food for emergencies or about choosing the right storage or packaging solution for your needs? If so, feel free to contact us at:
5starservice@packfreshusa.com or Toll Free: **(844) 857-8277**