



**Food Storage Guide,
2 Week Meal Plan Worksheet,
& Kitchen Supplies Checklist**

<http://www.prepperssurvive.com/food-supplies-checklist/>

Food Storage Guide

Grains:

#lbs You Have

Location

#lbs You Need

Minimum: 30 lbs of grain per person per month. Total family members ____ x 30 = ____ x by ____ months supply = ____ lbs

Flour

Corn Meal

Rice

Pasta

Popcorn

Pancake Mix

Rolled Oats

Hot Cereal

Total:

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Beans & Legumes:

Minimum: 10 lbs of beans per person per month. Total family members ____ x 10 = ____ x by ____ months supply = ____ lbs

Black Beans

Pinto Beans

Split Pea

Total:

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Dairy Products:

Minimum: 2 lbs of dairy per person per month. Total family members ____ x 2 = ____ x by ____ months supply = ____ lbs

Powdered Milk

Condensed Milk

Cheese

Total:

PreppersSurvive.com

Salt:

Minimum: 1 lb of salt per person per month. Total family members ____ x 1 = ____ x by ____ months supply = ____ lbs

Salt

Meats / Meat Substitutes:

Minimum: 2 lbs of meat per person per month. Total family members ___ x 2 = ___ x by ___ months supply = ___ lbs

Beef -(canned/freeze dried/frozen)	_____	_____	_____
Chicken	_____	_____	_____
Ham	_____	_____	_____
Powdered Eggs	_____	_____	_____
Tuna	_____	_____	_____
_____	_____	_____	_____

Total: _____ *PreppersSurvive.com* _____

Fats & Oils:

Minimum: 2 lbs of fats & oils per person per month. Total family members ___ x 2 = ___ x by ___ months supply = ___ lbs

Peanut Butter	_____	_____	_____
Cooking Oil	_____	_____	_____
Butter/Margarine	_____	_____	_____
Mayo/Salad Dressing	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total: _____ *PreppersSurvive.com* _____

Sugars:

Minimum: 5 lbs of sugars per person per month. Total family members ___ x 5 = ___ x by ___ months supply = ___ lbs

Granulated Sugar	_____	_____	_____
Brown Sugar	_____	_____	_____
Honey/Molasses	_____	_____	_____
Corn Syrup	_____	_____	_____
Jellies	_____	_____	_____
Fruit -(canned/freeze dried/frozen)	_____	_____	_____
Fruit Drink Mix	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total: _____ *PreppersSurvive.com* _____

Vegetables:

Minimum: 5 lbs of veggies per person per month. Total family members ___ x 5 = ___ x by ___ months supply = ___ lbs

Canned	_____	_____	_____
Freeze Dried	_____	_____	_____
Dehydrated (potato flakes)	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total: _____ *PreppersSurvive.com* _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
BREAKFAST							
LUNCH							
DINNER							

Meal Ideas

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
Buckwheat		Fried Rice & Veggies	Spaghetti	Hummus
Oatmeal		Bean Salads	Tacos	Salsa & Chips
Pancakes		Tuna Casseroles	Soups, Stews, Chili	Popcorn
				Fresh Fruit & Vegetables

Kitchen Supplies Checklist #1

Cooking

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Location

- Off-grid Cooking Method (example: Rocket Stove®) _____
- 2nd Off-grid Cooking Method (example: propane grill) _____
- 3rd Off-grid Cooking Method (example: solar oven) _____
- Cast Iron Cookware _____
- Cooking Utensils - Wooden & Stainless Steel _____
- Pressure Cooker _____
- Stew Pot _____
- _____
- _____

Food Preservation

- Off-grid Refrigeration Method (freezer with generator) _____
- 2nd Off-grid Refrigeration Method (ice box/ice chest) _____
- 3rd Off-grid Refrigeration Method (example: root cellar) _____
- Ice Maker – Off-grid _____
- Meat Grinder - Hand-crank _____
- Oil Press - Hand-crank _____
- Wheat Grinder - Hand-crank _____
- Off-grid Storing Food Long-Term (canning supplies) _____
- 2nd Off-grid Storing Food Long-Term (dehydrator) _____
- _____
- _____

Kitchen Tools

- Can Openers - Manual _____
- Food Chopper - Manual _____
- Kitchen Knives Made From A Single Piece of Carbon Steel _____
- Kitchen Timer - No Battery _____
- Thermometers - No Battery _____
- _____
- _____

