

Food Storage Made Easy

Each grocery day, add a few items for your storage. This list does not include everything you may need, so be sure to customize with items you need for babies, children, hygiene products, etc. Use the suggestions below or select those that your family prefers—make sure you store what your family will eat. You can suit the sizes and quantities to the size of your household. This could be considered a perpetual list—use or adapt year after year. *Add your own preferred items on months with a fifth Sunday.* Be consistent with your purchases—even on conference weeks and you will be surprised to see how quickly you can store a variety of foods, paper and cleaning products without breaking your budget. Storing food is an important part of becoming self-reliant. Help your family become self-reliant by beginning or improving your own storage every week of the year!

To protect your storage, be sure to store properly, rotate, use and replace. For more information, refer to www.providentliving.org, a great source of recipes & information.

Week January

- 1 Jar of honey
- 2 Package of rolled oats & package of raisins
- 3 Large can of soup or stew & pkg of dry yeast
- 4 2-4 cans of green beans or favorite vegetable

Week February

- 1 Can of cinnamon or other spice & dried onion flakes
- 2 1 bag of whole wheat flour
- 3 2 rolls of paper towels & package of rice
- 4 2 packages of crackers (regular & graham)

Week March

- 1 1 gallon of bleach, 2 bars of bath soap
- 2 3-4 boxes of Jell-o, pudding, etc.
- 3 3-4 cans of favorite vegetable
- 4 25 lb. sack of good quality wheat

Week April

- 1 3 cans of small potatoes
- 2 2 large boxes of Kleenex, 3-4 cans tomato sauce
- 3 2 5-lb. sacks of all-purpose flour
- 4 1 large box of favorite cooked cereal

Week May

- 1 1 large jar of peanut butter
- 2 3-4 cans of soup, 1 jar of mayonnaise or other
- 3 1 gallon white vinegar (for cleaning, cooking, etc.)
- 4 1 box of plain candles, large box of matches

Week June

- 1 6-pack of toilet paper and a tube of toothpaste
- 2 Box of powdered milk
- 3 2 cans of meat –tuna, chicken, beef, etc.
- 4 1 bottle of polyunsaturated oil

Week July

- 1 1 large package of pasta or box of rice
- 2 2 cans of juice—fruit or vegetable
- 3 1 jar of honey
- 4 1 can of shortening

Week August

- 1 1 box of cornstarch & 1 box of cornmeal
- 2 2-3 cans of your favorite fruit
- 3 2-3 cans of meat or fish
- 4 2-3 5-lb. bags of all-purpose flour

Week September

- 1 1 box of raisins or other dry fruit
- 2 2 large cans of ready-to-eat soup
- 3 1 large package of paper napkins
- 4 2-3 5-lb. bags of sugar

Week October

- 1 2 packages dried beans (pinto, red, black, etc.)
- 2 1 box of aluminum foil, plastic wrap, dry yeast
- 3 2 5-lb. bags of all-purpose flour
- 4 2 1-lb. container of salt, dry yeast

Week November

- 1 Large jar of peanut butter
- 2 Large bag of paste, large jar of jam or jelly
- 3 2 cans of turkey, chicken, or ham
- 4 3-6 cans condensed soup

Week December

- 1 Large box of laundry detergent
- 2 2-3 cans evaporated milk
- 3 1 large tube of toothpaste, toilet paper, deodorant
- 4 3-4 cans favorite vegetables

For a collection of recipes providing some ideas on how to incorporate food storage items into daily menus, use the link below. It includes ingredients found in the dry-pack canneries and those which are likely found in food storage.

<http://www.providentliving.org/content/list/0.11664.2017-1.00.html>