

# STAPLE FOODS FOR LONG TERM STORAGE

## ONE YEAR FOOD SUPPLY



Food Type	Shelf-life *	Notes
Wheat	30	Staple Food
White Rice	30	Staple Food
Rolled Oats	30	Staple Food
Pasta	30	Staple Food
Legumes	30	Staple Food
Non-fat Powdered milk	25	Drink it or use it in recipes and baked goods
Sugar	Indef	Staple Food
Freeze-dried Apple	25	Eat dry or add to pastries, oatmeal, and baked goods
Dried Carrots	25	Excellent in stir fry, stews and soups
Potatoe Flakes	10	Supplement survival garden spuds
Dried Onions	25	Excellent flavor enhancer for meat and beans
Baking Soda	2	Used for lightly leavened pastries
Iodized Salt	Indef	A must have staple for cooking, cleaning and preserving
Baking Powder	1	Used for lightly leavened pastries
Vitamin Supplements	2	Store multi-vitamins to fill nutritional gaps
Dry milk supp.	25	Lasts long than freeze dried milk
Freeze-dried Fruit	25	Eat dry or reconstitute
Freeze-dried Vegetables	25	Excellent way supplement your survival garden
Freeze-dried chicken	25	Protein supplement for hard times
Freeze-dried hamburger	25	It's hard to get hamburger in a survival situation
Egg Powder	10	Used primarily for baked goods
Fats&Oils	2	Hard to come by in a survival scenario, should be rotated
Peanut butter powder	5	Excellent source of protein
Black bean burgers	25	Freeze-dried protein supplement
Backpacker Meals	30	Outstanding for Bugging Out and short term emergencies
SOS survival bars	5	Excellent for bugging out or no cook situations
Lentils	30	Delicious pulse, cook quicker than most beans
Quinoa	30	Highly nutritious grain
Spices & Seasonings	4	Don't go bad but lose flavor
Chicken, Beef & Ham Bullion	2+	Improves the flavor of any bland dish like beans & rice
Canned Meat	5	Provides hard to come by protein
Canned Vegetables	5	Excellent, better if you can your own veg.
Canned fruit & Tomatoes	1.6	High in Acid, limits shelf-life
Canned Soup & Stew	2-5	Excellent for short and long term-should be rotated
Meals Ready To Eat	7	MRE (combat ration) for short-term emergencies
Freeze-dried Ingred	25-30	Outstanding, high nutrition, expensive
Dehydrated foods	3	less shelf-life and nutritional value than freeze-dried
Dry Packaged Meals	2	Knorr pasta sides and similar (just add boiled water)
Fresh Eggs	10 days	Raise chickens for an excellent source of protein and fats
Garden	-----	A survival garden compliments dry food stores
Canning	-----	Survival Skill you should have to preserve food
Seeds	5	For Emergency sprouting and gardening
Dry Yeast	5	Use to make leavened bread with wheat stockpile
Raw Honey	Indef	Outstanding Sweetener that lasts forever
Vinegar	Indef	Lasts forever, good for salads, cleaning & disinfecting
Maple Syrup	Indef	Sweetening agent that lasts long than you
Dry Pasta	30	Hardy, long lasting staple food
Popcorn	30	Filling comfort food
Soy Sauce	30	Excellent marinade and flavoring

Freeze Dried Food Shelf-life is from Augason Farms.com, Patriot Supply.com, Dried food Shelf life is based on Oxygen-free storage in #10 cans or in sealed Mylar bags with Oxygen Absorbers. Once opened food shelf-life varies. Foods with high-fat content or moisture above 10% should no be stored oxygen-free as this may lead to botulism.

<https://readysquirrel.com>

\*There are 6, #10 Cans Per Case

Information Compliments of BYU Education

