

Guidelines For Building Up A Personal Food Supply*

The following lists are one man's rations for a one month period. The second list was added as an option to the first list, and was intended as an alternate for more variety.

Grubstake #1

20 lbs wheat flour & 10 lbs cornmeal OR 25 lbs wheat flour and 5 lbs cornmeal
1 1/2 lbs baking powder
3 lbs table salt (the extra for food preserving game)
10 lbs bacon or 5 lbs bacon AND 5 lbs salt pork
1 lb of lard or "Crisco" (Which is seldom needed if fat is saved from bacon drippings)
3 lbs creamery or canned butter
10 lbs beans
4 lbs split peas
5 lbs dried fruit (apple, apricots, or peaches)
4 lbs prunes
6 lbs sugar (7 lbs if used for tea or coffee)
3 lbs coffee
1 bottle (about 2 lbs) dill pickles
4 lbs evaporated milk in tins
2 lbs cheese
1 oz black pepper

Total--87 1/2 to 89 1/2 lbs total weight (Note: Add 1 bottle lime or lemon juice to list to prevent scurvy)

Grubstake #2

18 lbs wheat flour AND 5 lbs cornmeal
2 lbs crackers or soda bisquits
1 lb baking powder
3 lbs salt
6 lbs bacon AND 4 lbs salt pork
3 1/2 lbs creamery or canned butter
7 lbs beans
3 lbs split peas
5 lbs assorted dried fruits
4 lbs prunes
8 lbs sugar
2 lbs tea

3 lbs coffee
1 bottle dill pickles
5 lbs evaporated milk in tins
4 lbs rice
1 lb raisins
2 oz cinnamon
1 oz pepper
2 lbs cheese
5 lbs onions

(Note: Add 1 bottle lime or lemon juice to list to prevent scurvy)

Options: eliminate the crackers, add 2 lbs oatmeal and one brick of maple sugar

Totals--90 1/2 lbs to 92 1/2 lbs

You can try to live off the above lists for a month and see what the results would be. I've never tried to be so frugal, to be honest. I think I'd have withdrawals from the lack of meat in my diet, although he supplemented his food with game in the field and on his trapline.

4 month's supply (Grubstake)

Flour 90 lbs.
Milk (condensed) 1 case
Butter 15 lbs.
Oatmeal 5 2 lb. boxes
Dried Eggs 3 lbs.
Tea 2 lbs.
Dried fruits 30 lbs.
Onions 10 lbs.
Ketchup 2 large bottles
Beans 15 lbs.
1 small bottle vanilla flavoring
Soda 2 lbs.
Salt 25 lbs cooking and jerking meat
Cornstarch 2 boxes
Sugar 20 lbs.
Macaroni 2 lbs.
Lard 10 lbs.
Soap 5 bars laundry, 5 bars toilet soap
Cheese 5 lbs
Coffee 5 lbs
prepared pancake flour (I suggest Krusteaz) 6 lbs.

Cocoa 6 lbs
Egg noodles 4 lbs
Cornmeal 10 lbs
Rice 6 lbs
Jams 5 lbs
Baking powder 4 lbs
Salt pork 40 lbs
Several boxes of "Strike Anywhere" matches
Yeast cakes 4 packages
Black pepper 2 lbs.

I rather like this list. I used this as a basis for my Y2k stash also.

Chilkoot Trail Supplies -

Photos of a human chain of stampederers trudging up the Chilkoot Pass have come to symbolize the Klondike Gold Rush.

In 1897-'98, the North West Mounted Police set up a border crossing into Canada at the summit of the Chilkoot. They ordered every stampeder to carry a year's worth of supplies. After all, there was no turning back once they were into the Klondike, and commerce was limited, to say the least.

As a result, many stampederers struggling up the mountain rampart were bent double under the weight of their packs, which typically contained the following:

Chilkoot Trail 1898 Supplies:
McDougall and Secord Klondike Outfit List (clothing & food):

2 suits heavy knit underwear
6 pairs wool socks
1 pairs heavy moccasins
2 pairs german stockings
2 heavy flannel overshirts
1 heavy woollen sweater
1 pair overalls
2 pairs 12-lb. blankets
1 waterproof blanket
1 dozen bandana handkerchiefs
1 stiff brim cowboy hat
1 pair hip rubber boots
1 pair prospectors' high land boots
1 mackinaw, coat, pants, shirt

1 pair heavy buck mitts, lined
1 pair unlined leather gloves
1 duck coat, pants, vest
6 towels
1 pocket matchbox, buttons, needles and thread comb, mirror,
toothbrush etc. mosquito netting/1 dunnage bag
1 sleeping bag/medicine chest pack saddles, complete horses
flat sleighs

100 lbs. navy beans
150 lbs. bacon
400 lbs. flour
40 lbs. rolled oats
20 lbs. corn meal
10 lbs. rice
25 lbs. sugar
10 lbs. tea
20 lbs. coffee
10 lbs. baking powder
20 lbs. salt
1 lb. pepper
2 lbs. baking soda
1/2 lb. mustard
1/4 lb. vinegar
2 doz. condensed milk
20 lbs. evaporated potatoes
5 lbs. evaporated onions
6 tins/4 oz. extract beef
75 lbs. evaporated fruits
4 pkgs. yeast cakes
20 lbs. candles
1 pkg. tin matches
6 cakes borax
6 lbs. laundry soap
1/2 lb. ground ginger
25 lbs. hard tack
1 lb. citric acid
2 bottles jamaica ginger

Here's an except from the webpage "Children of the Gold Rush" It contains the same list above, but without the clothing.

"In 1897-1898, the Canadian Mounties required that goldrushers buy and transport a ton of goods into Dawson so they had enough food to get them through the winter. The trading posts up there did not have nearly enough goods for the influx of people (see Ton of

Goods list)".

THREE SQUARES A DAY

*In a small group, plan three meals a day for a week from your ton of goods. Figure that each meal needs to feed a crew of four hungry miners and two children. Add fish, meat or berries if you think you would be able to hunt or gather them.

TON OF GOODS

100 lbs. navy beans
150 lbs. bacon
400 lbs. flour
40 lbs. rolled oats
20 lbs. corn meal
10 lbs. rice
25 lbs. sugar
10 lbs. tea
20 lbs. coffee
10 lbs. baking powder
20 lbs. salt
1 lb. pepper
2 lbs. baking soda
1/2 lb. mustard
1/4 lb. vinegar
2 doz. condensed milk
20 lbs. evaporated potatoes
5 lbs. evaporated onions
6 tins/4 oz. extract beef
75 lbs. evaporated fruits
4 pkgs. yeast cakes
20 lbs. candles
1 pkg. tin matches
6 cakes borax
6 lbs. laundry soap
1/2 lb. ground ginger
25 lbs. hard tack
1 lb. citric acid
2 bottles jamaica ginger

I'm not sure how this was to be split up...were four men to carry 250 lbs apiece? Doesn't seem practical without a beast of burden to lighten the load.

ONE MONTH IN A BOX

One 20 quart size powdered milk (4 pounds)
One 10 lb bag rice
Two 4 lb bags beans
Two 3 lb bags of macaroni
Three 13 ounce quick oats
Two 5 lb bags flour
One 8 ounce baking cocoa
One 4 lb bag of sugar
One 10 oz baking powder
One 8 oz baking soda
One 4 lb jar of peanut butter
One 1 qt bottle of syrup
30 miscellaneous cans (soups, vegetables, chili, etc.)
One bottle hot sauce
One bottle soy sauce
9 miscellaneous spice bottles
2 vitamin bottles
One 4 ounce bottle of vanilla extract
One 4 ounce bottle of yeast
One 16 oz bottle of jalapeno peppers
One copy Better Times Cookbook and Almanac of Useful Information
for Poor People

I found a 23 inches by 21 inches by 10 inches computer box, and all of above food fit into the box, with the lid folding flat and would fit underneath a bed or table. The above would provide the following daily servings: (for one person)

2-1/2 cups milk
1-1/2 cups cooked rice
1-1/2 cups cooked beans
1-1/2 cups cooked macaroni
1 cup cooked oats
1 cup flour
4 Tbs. peanut butter
1 miscellaneous can of food
Plus daily sugar and spice

I am not in the business of giving nutritional advice, but it seems that if a half gallon or so of cooking oil, another can per day and a serving of fruit juice (equivalent of another can) are added, which wouldn't fit in this space, you'd be all right for a month. Depending on the assortment of cans, a variety of stuff can be made from these ingredients, including cinnamon rolls, oatmeal cookies, peanut butter cookies, tuna casserole, etc.

This box would fit under my bed.

Here's an interesting contemporary commercial 3 month food supply
Packed in no. 10 cans by the case:

SMALL CAN UNIT Approximately 3 Months Supply For One Person 1
Adult / 3 Months NetWt: 80 lbs. Approx. Space: 4 cu. ft.
Unit: \$358

Our Small Can Unit (#21/2 size cans) will supply one person for
three months. It can be easily stored on your cupboard shelf. The
special atmosphere process guarantees less than a 2% residual
oxygen content in the can. This assures you of the maximum
shelf-life possible greater long-term
nutritional food value than any other type of food process. It is
composed of 10 cases of food, packaged in #21/2 size cans, 6 cans
per case.

Unit:\$358. 1 Adult / 3 Months NetWt: 80 lbs. Approx. Space: 4 cu.
ft.

No. of Cans Product

CASE 1: FRUIT

2 Apple Sauce
2 Banana
2 Dates

CASE 2: FRUIT

1 Fruit Cocktail
3 Apple Slices
2 Prunes

CASE 3: GRAIN

6 Cornmeal

CASE 4: GRAIN

6 Grainola. Fruit & Nut
No. of Cans Product

CASE 5: PROTEIN

2 Egg Mix
2 Cheddar Cheese
2 Peanut Butter

CASE 6: PROTEIN

6 Milk, Non-Fat

CASE 7: PROTEIN T.V.P. (Soy)

2 Beet Flavored Chunks

2 Chicken Flavored Chunks

2 Ham Flavored Chunks

CASE 8 VEGETABLE

3 Potatoes, Mashed

3 Potatoes, Diced

CASE 9: VEGETABLE

1 Carrot Dices

1 Vegetable Stew

1 Sweet Corn

1 Green Beans

1 Peas, Green Garden

1 Tomato Powder

CASE 10: ADJUNCTS

1 Bouillon. Beet

1 Bouillon Chicken

1 Sweet Cream Powder

1 Butter Powder

Plastic Lids

"Just Add Water" Cookbook

This gives you some Idea of what's currently available on the market. The state of the art has definitely changed since the turn of the century.

Here's a Mormon Year's supply list:

MORMON FOOD GUIDES

girls boys

Ages -6 7-11 12+ 0-6 7-11 12+

Wheat 107 lbs. 139 lbs. 151 lbs. 107 lbs. 176 lbs. 189 lbs.

Flour, white enriched 10 lbs. 12 lbs. 14 lbs. 10 lbs. 16 lbs.
17lbs.

Corn Meal 24 lbs. 31 lbs. 34 lbs. 24 lbs. 39 lbs. 42 lbs.

Oats, rolled 24 lbs. 31 lbs. 34 lbs. 24 lbs. 39 lbs. 42 lbs.

Rice, white enriched 48 lbs. 62 lbs. 67 lbs. 48 lbs. 78 lbs.84 lbs.

Pearled Barley 2 lbs. 3 lbs. 3 lbs. 2 lbs. 4 lbs. 4 lbs.
 Spaghetti & Macaroni 24 lbs. 31 lbs. 34 lbs. 24 lbs. 39 lbs. 42lbs.
 TOTAL FOR
 GRAINS GROUP 239 lbs. 309 lbs. 337 lbs. 239 lbs. 391 lbs.420 lbs.
 Beans (dry) 25 lbs. 25 lbs. 25 lbs. 25 lbs. 25 lbs. 25 lbs.
 Beans, Lima (dry) 1 lb. 1 lb. 1 lb. 1 lb. 1 lb. 1 lb.
 Beans, soy (dry) 1 lb. 1 lb. 1 lb. 1 lb. 1 lb. 1 lb.
 Peas, split (dry) 1 lb. 1 lb. 1 lb. 1 lb. 1 lb. 1 lb.
 Lentils (dry) 1 lb. 1 lb. 1 lb. 1 lb. 1 lb. 1 lb.
 Dry Soup Mix 5 lb. 5 lb. 5 lb. 5 lb. 5 lb. 5 lb.
 TOTAL FOR
 LEGUMES GROUP 34 lbs. 34 lbs. 34 lbs. 34 lbs. 34 lbs. 34lbs.
 Vegetable Oil 2 gal. 2 gal. 2 gal. 2 gal. 2 gal. 2 gal.
 Shortening 4 lbs. 4 lbs. 4 lbs. 4 lbs. 4 lbs. 4 lbs.
 Mayonnaise 2 quarts 2 quarts 2 quarts 2 quarts 2 quarts 2quarts
 Salad Dressing-Mayo type 1 quart 1 quart 1 quart 1 quart 1quart
 1 quart
 Peanut Butter 4 lbs. 4 lbs. 4 lbs. 4 lbs. 4 lbs. 4 lbs.
 TOTAL FORFATS/OILS GROUP 26 lbs. 26 lbs. 26 lbs. 26 lbs. 26 lbs.
 26lbs.
 Milk, nonfat dry 14 lbs. 14 lbs. 14 lbs. 14 lbs. 14 lbs. 14 lbs.
 Evaporated milk 12 cans 12 cans 12 cans 12 cans 12 cans 12
 cans
 TOTAL FOR MILK GROUP 16 lbs. 16 lbs. 16 lbs. 16 lbs. 16 lbs.
 16 lbs.
 Sugar, white granulated 40 lbs. 40 lbs. 40 lbs. 40 lbs. 40 lbs.
 40lbs.
 Sugar, brown 3 lbs. 3 lbs. 3 lbs. 3 lbs. 3 lbs. 3 lbs.
 Molasses 1 lb. 1 lb. 1 lb. 1 lb. 1 lb. 1 lb.
 Honey 3 lbs. 3 lbs. 3 lbs. 3 lbs. 3 lbs. 3 lbs.
 Corn Syrup 3 lbs. 3 lbs. 3 lbs. 3 lbs. 3 lbs. 3 lbs.
 Jams and Preserves 3 lbs. 3 lbs. 3 lbs. 3 lbs. 3 lbs. 3 lbs.
 Fruit Drink, powdered 6 lbs. 6 lbs. 6 lbs. 6 lbs. 6 lbs. 6lbs.
 Flavored gelatin 1 lb. 1 lb. 1 lb. 1 lb. 1 lb. 1 lb.
 TOTAL FOR SUGARS GROUP 60 lbs. 60 lbs. 60 lbs. 60 lbs. 60 lbs.
 60 lbs.
 Dry Yeast 1/2 lb. 1/2 lb. 1/2 lb. 1/2 lb. 1/2 lb. 1/2 lb.
 Soda 1 lb. 1 lb. 1 lb. 1 lb. 1 lb. 1 lb.
 Baking Powder 1 lb. 1 lb. 1 lb. 1 lb. 1 lb. 1 lb.
 Vinegar 1/2 gal. 1/2 gal. 1/2 gal. 1/2 gal. 1/2 gal. 1/2 gal.
 Salt (iodized) 8 lbs. 8 lbs. 8 lbs. 8 lbs. 8 lbs. 8 lbs.
 Chlorine Bleach-1 gallon per family
 WATER-14 gallons per person for 2 week supply

NOTE: The quantities for food listed are for one year. However,
 we feel the amount of Chlorine Bleach needed is greatly

underestimated. Especially during disasters, sanitary conditions will be at much greater risk. For this reason, we suggest you plan for a MINIMUM of at least 1 gallon of bleach per month, possibly more depending on your family's useage.

The amount of suggested water only covers 2 weeks. Since water is THE MOST IMPORTANT SURVIVAL ITEM, we encourage you to store at least 6 months or longer supply of water. Also bear in mind, this does not include water for personal hygiene, washing or cooking.

Here is what the Mormon Church advises storing per year, for one adult. These are the bare necessities. Add canned fruits and vegetables if you can.

300 pounds grains
60 pounds beans
60 pounds sugar or honey
20 pounds oil/shortening
5 pounds salt
365 multi-vitamins
16 pounds powdered milk

Would be hard to live off that for a year.