

One Year Food supply for one adult

Quantity	Calories	Cost	Item (Number In Parenthesis = Total Calories per One Bag, Jar, or Can)
70 Pounds	105,000	\$ 49	Long Grain White Rice in 10 or 20 pound Bags (15,000 Calories per 10 lbs.)
70 Pounds	105,000	\$ 26	Whole Wheat Berries or Flour (Not self-rising) (7,500 Calories per 5 lbs.)
30 Pounds	48,240	\$ 14	5 lb. Bag Corn Meal (8,050 Calories per 5 lb. Bag)
36 Boxes	60,480	\$ 33	16 oz. Box Spaghetti Noodles (Angel Hair or Thin) (1,680 Calories)
36 Boxes	9,360	\$ 21	7 oz. Box Macaroni and Cheese (260)
4 Boxes	18,000	\$ 12	42 oz. Box Quaker Quick 1 Minute Oats (4500)
4 Boxes	31,720	\$ 10	5 lb. Box Quaker Quick Grits (7930)
4 Boxes	12,800	\$ 8	32 oz. Box Aunt Jemima Buttermilk Complete Pancake/Waffle Mix (3200)
48 Cans	10,800	\$ 52	6 oz. Can Bumble Bee Brand Tuna in Oil (Water pack has fewer calories) (225)
24 Cans	8,640	\$ 60	12.5 oz. Can Chicken (360)
12 Cans	9,600	\$ 31	16 oz. Can Dak Brand Canned Ham (No refrigeration required) (800)
24 Cans	24,480	\$ 56	12 oz. Can Spam (1020)
24 Cans	9,000	\$ 11	5 oz. Can Vienna Sausage (375)
24 Cans	9,000	\$ 72	12 oz. Can Roast Beef (375)
48 Cans	10,080	\$41	15.5 oz. Can Sloppy Joe Complete (210)
48 Cans	30,240	\$ 109	24 oz. Can Armour Brand Beef Stew (with Potatoes & Carrots) (630)
48 Cans	33,600	\$ 56	15 oz. Can Chili with Beans (700)
96 Cans	35,520	\$ 56	15 oz. Can Beans (Assorted Different Varieties) (370)
180 Cans	25,200	\$ 115	15 oz. Can Mixed Vegetables (Note: Green Beans have few calories) (140)
12 Boxes	41,280	\$ 32	32 oz. Box Instant Potatoes (Add water only preferred) (3440)
48 Cans	15,120	\$ 48	15 oz. Can Fruit Cocktail (315)
24 Cans	3,000	\$ 13	6 oz. Can Tomato Paste (125)
36 Cans	15,120	\$ 35	26.5 oz. Can Hunt's or Delmonte Spaghetti Sauce (420)
12 Cans	480	\$ 9	4 oz. Can Sliced Mushrooms (not pieces) (40)
12 Cans	3,600	\$ 14	10.75 oz. Can Cream of Chicken Soup (To eat if you get sick)

			(300)
12 Boxes	76,800	\$ 171	64 oz. Box Powdered Instant Non-fat Dry Milk (6,400)
24 Cans	11,520	\$ 22	12 oz. Can Evaporated Milk (480)
3 Boxes	7,680	\$ 24	32 oz. Box Velveta Brand Cheese (short shelf life) (2,560)
4 Jars	32,160	\$ 37	34 oz. Jar Extra-Virgin Olive Oil (8,040)
4 Cans	49,720	\$ 19	3 lb. Can Crisco Shortening (12,430)
12 Boxes	38,400	\$ 31	1 lb. Box Butter (Shelf Life is short unless Frozen) (No Margarine) (3,200)
12 Cans	10,800	\$ 32	8 oz. Container Hershey's Cocoa Powder (900)
8 Cans	9,600	\$ 10	16 oz. Can Hershey's Cocoa Syrup (1200)
6 Boxes	10,080	\$ 5	16 oz. Box Corn Starch (1,680)
25 Pounds	42,500	\$ 12	5 lb. Bag White Granulated Sugar (8,500)
12 Pounds	10,200	\$ 10	1 lb. Box Light Brown or Dark Brown Sugar (1,700)
12 Pounds	10,800	\$ 10	1 lb. Box Confectioners Sugar (1,800)
12 Boxes	26,400	\$ 15	20 oz. Box Brownie Mix (or Cake Mix) (2,200)
6 Jars	11,520	\$ 9	18 oz. Jar Light Corn Syrup (1,920)
6 Bottles	21,600	\$ 12	36 oz. Bottle Log Cabin Syrup (3,600)
6 Jars	10,240	\$ 35	24 oz. Jar "Sue Bee Brand" Clover Honey (1,920)
12 Jars	36,480	\$ 20	18 oz. Jar Peanut Butter (3,040)
12 Jars	15,600	\$ 13	16 oz. Jar Jelly or Preserves (1,300)
24 Pkgs.	0	\$ 12	5/16 oz. Package Hodgson Mill Brand Yeast (Store in Ziplock in Freezer)
12 Cans	0	\$ 12	10 oz. Can Baking Powder (Store in Ziplock Bag in Refrigerator or Freezer)
12 Boxes	0	\$ 6	16 oz. Box Baking Soda
6 Bottles	0	\$ 23	2 oz. Bottle Vanilla Extract
48 Each	0	\$ 12	Beef Bouillon Cubes
48 Each	0	\$ 12	Chicken Bouillon Cubes
24 Pounds	0	\$ 7	4 lb. Box Salt (Morton Brand Canning and Pickling Salt) (Pure Salt)
12 Jars	0	\$ 12	2.6 oz. Ground Black Pepper (or Whole Peppercorns) (Walmart)
12 Jars	0	\$ 6	3.12 oz. Onion Powder (Walmart)
2 Jars	0	\$ 1	0.9 oz. Oregano (Walmart)

2 Jars	0	\$ 1	2.5 oz. Garlic Powder (Walmart)
2 Jars	0	\$ 1	2.37 oz. Cinnamon (Walmart)
1 Jar	0	\$ 1	0.4 oz. Parsley Flakes (Walmart)
1 Jar	0	\$ 4	2.3 oz. Cayenne Red Pepper
2 Jars	0	\$ 9	2.62 oz. Cream of Tartar
2 Bottles	0	\$ 5	15 oz. Bottle Lemon Juice (Short shelf life)
1 Jug	0	\$ 3	1 Gallon Jug Apple Cider Vinegar
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Totals =	1,108,740	\$1,597	One-Year Emergency Food Supply for One Adult