## One Month Supply of Shelf Stable Grocery Store Purchased Foods

For one person
Based on the MINIMUM (1600 calories) recommendations in the Food Pyramid
18 ounce box oatmeal*
1 pound rice*
20 ounces pasta*
5 pounds flour*
1 pound popcorn*
34 (15 ounce) cans vegetables
26 (15 ounce) cans fruit
2 pounds Velveeta
4 (12 ounce) cans evaporated milk*
3.2 pounds powdered milk (powder to make 4 gallons)*

1 jar (18 ounces) peanut butter*
4 (6 ounce) cans tuna
4 (5 ounce) cans chicken
4 (5 ounce) cans ham
8 (15 ounce) cans cooked dry beans*
oil*
shortening*
nuts
sugar*
syrup*
jam*
molasses*
salt*
*also considered a "basic" food storage food
NOTE: For a 2400 calorie diet, add 1 more box of oatmeal, 1 pound of rice, 40 ounces of pasta, 1 pound of popcorn, 17 cans of vegetables, 8 cans of fruit, 1 can of chicken, 1 can of ham and 5 cans of cooked dry beans.

