

Food Supply For A Family Of 4 For A Year

Food Item	Calories Per lb /gallon/ qt/can	Starter Amount	Starter Total Calories	Goal Amount	Total Calories	Approx Shelf Life	Notes
Dried White Rice	1,655	50 lbs	82,750	600 lbs	993,000	30 years	
Dried Kidney Beans	1,511	15 lbs	22,665	75 lbs	113,325	30 years	
Dried Pinto Beans	1,588	10 lbs	15,880	50 lbs	79,400	30 years	
Dried Black Beans	1,537	10 lbs	15,370	50 lbs	76,850	30 years	
Wheat Berries (must have grinder)	1,520	25 lbs	38,000	500 lbs	760,000	30 years	Must have grinder to make flour.
Salt	0	10 lbs	0	50 lbs	0	30 years	
Raw Honey	1,382	10 lbs	13,820	25 lbs	34,550	30 years	
Sugar	1,775	20 lbs	35,550	75 lbs	133,125	30 years	
White Vinegar	0	2 gallons	0	10 gallons	0	30 years	
100% Raw Maple Syrup	3,200	8 quarts	25,600	16 quarts	25,600	30 years	
Ghee (Clarified Butter)	4,011	5 lbs	20,055	25 lbs	100,275	30 years	
Corn Starch	1,729	10 lbs	17,290	25 lbs	43,225	30 years	
Soy Sauce	1,260	1 gallon	1,260	5 gallons	6,300	30 years	
Vanilla Extract	1,216	4 pints	4,864	10 pints	12,160	30 years	
Apple Cider Vinegar	0	1 gallon	0	5 gallons	0	30 years*	Note: Some sites say 2 years.
Baking Soda	0	5 lbs	0	25 lbs	0	30 years	
Chicken Bullion Cubes	1,500	2 lbs each	3,000	6 lbs	9,000	30 years*	Note: Some sites say 2 years.
Beef Bullion Cubes	567	2 lbs each	1,134	6 lbs	3,405	30 years*	Note: Some sites say 2 years
Cocoa Powder (Raw)	900	2 lb	1,800	10 lbs	9,000	30 years*	Note: Some sites say 3 years
Corn Syrup	1,263	2 lbs	2,526	10 lbs	12,630	30 years	
Popcorn	1,693	10 lbs	16,930	100 lbs	169,300	30 years	Need a grinder to turn into cornmeal.
Dried Pasta (Variety)	1,683	10 lbs	16,830	50 lbs	84,150	30 years*	Note: Some sites say 3 years. *Must be stored in mylar with oxygen absorbers.
Instant Dry Potato Flakes	1,200	5 lbs	6,000	50 lbs	60,000	30 years*	Note: Some sites say 18 months. *Must be stored in mylar bags with oxygen absorber.
Oatmeal	1,922	20 lbs	38,440	100 lbs	192,200	30 years*	*If vacuum sealed or stored in mylar with oxygen absorbers.
Tea Bags	0	3 lbs	0	20 lbs	0	30 years*	Store in an airtight container or mylar bags with oxygen absorbers. Note: some sites say 2 years.

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Dried Lentils	1,600	5 lbs	8,000	25 lbs	40,000	30 years*	Some sites say 3 years. *Must be stored in a mylar bag with oxygen absorber.
Brown Sugar	1,708	5 lbs	8,540	25 lbs	42,700	30 years	It may get hard but can be broken back down into small granules.
Jello	1,646	5 lbs	8,230	20 lbs	32,920	30 years	This is jello with sugar in it, not sugar free.
Dry Powdered Milk	1,600	5 lbs	8,000	50 lbs	80,000	10 years*	Must be stored in a mylar bag with oxygen absorber.
Dehydrated Hash Browns	1,664	5 lbs	8,320	20 lbs	33,280	10 years*	In a sealed #10 can or mylar bags with oxygen absorbers.
Instant Coffee	0	96 oz	0	192 oz	0	10 years	24 - 8 oz jars - Will last longer if frozen.
Sub-Totals			420,854		3,146,395		
Tobasco, Chohola, Hot sauce	136	2 bottles	272	6 bottles	816	5 years	12 ounce bottle
Canned Kidney Beans	348*	12 cans	4,176	48 cans	16,704	5 years	* Calories per 15 oz can.
Refried Beans	426	12 cans	5,112	48 cans	20,448	5 years	16 ounce can.
Canned Baked Beans	426	12 cans	5,112	36 cans	15,336	5 years	16 ounce can.
Canned Chili	454	12 cans	5,448	36 cans	16,344	5 years	15 ounce can
Cream of Mushroom	165	12 cans	1,980	36 cans	5,940	5 years	10.5 ounce can
Deviled Ham Spread	340	24 cans	8,160	72 cans	24,480	5 years	Note: Cans are small only 4.25 ounces each.
Canned Corned Beef and Hash	638	12 cans	7,656	36 cans	22,968	5 years	14 ounce can
Canned Chicken Breast	210	24 cans	5,040	72 cans	15,120	5 years	Cans are 12.5 ounces each.
Canned Roast Beef	313	12 cans	3,756	36 cans	11,268	5 years	12 ounce can
Canned Shrimp	113	12 cans	1,356	36 cans	4,068	5 Years	4 ounce cans
Canned Turkey	425	12 cans	5,100	36 cans	15,300	5 years	14.5 ounce cans
Canned Tuna	114	24 cans	2,736	72 cans	8,208	5 years	5 ounce cans
Spam	1092	12 cans	13,104	36 cans	39,312	5 years	12 can of original spam.
Vienna Sausages	340	12 cans	4,080	36 cans	12,240	5 years	4.6 ounce cans
Canned Salmon	578	12 cans	6,936	36 cans	20,808	5 years	14.75 ounce cans
Chunky Chicken Noodle Soup	250	12 cans	3,000	48 cans	12,000	5 years	18.6 ounce cans
Beef Vegetable Soup	339	12 cans	4,068	48 cans	16,272	5 years	18.6 ounce cans
Canned Peas	293	12 cans	3,516	48 cans	14,064	5 years	15 ounce cans

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Canned Corn	323	12 cans	3,876	48 cans	15,504	5 years	15.25 ounce cans
Canned Potatoes	255	12 cans	3,060	48 cans	12,240	5 years	14.5 ounce cans
Canned Green Beans	139	12 cans	1,668	48 cans	6,672	5 years	14.5 ounce cans
Grits	1,569	10 lbs	15,690	30 lbs	47,070	5 years	
Dak Canned Ham	800	4 cans	3,200	12 cans	9,600	4 years	16 ounce can.
Spices: Pepper, Montreal Steak, Lemon Pepper, Cayenne pepper, garlic salt, Italian seasoning, Mrs Dash, etc.	0	5 bottles (1 each)	0	15 bottles (3 each)	0	4 years	24 ounce bottles. Substitute your favorite spices. I just used these 5 as examples.
Tang / Gatorade / Kool Aid	1,813*	4 lbs	7,252	12 lbs	21,756	3 years	* The calories used were used for Tang. Your amounts may differ if you use a different drink mix.
Pickled Jalepeno Peppers	0	1 lb	0	2 lbs	0	3 years	
Canned Pulled Pork	270	12 cans	3,240	36 cans	9,720	2 years*	* I could only find one source that recommended 2 years. It may very well last as long as other meats. Amount calculated 12 ounce cans.
Stewed Tomatoes	140	12 cans	1,680	36 cans	5,040	2 years	14.5 ounce cans
Canned Diced Tomatoes or (Rotel)	68	12 cans	816	36 cans	2,448	2 years	14.5 ounce cans
Tomato Soup	187	12 cans	2,244	36 cans	6,732	2 years	10.75 ounce cans
Canned Ravioli	386	12 cans	4,632	36 cans	13,896	2 years	15 ounce cans
Canned Spaghetti and Meatballs	415	12 cans	4,980	36 cans	14,940	2 years	14.5 ounce cans
Tomato Paste	139	12 cans	1,668	36 cans	5,004	2 years	6 ounce can
Canned Peaches	229*	12 cans	2,748	36 cans	8,244	2 years	* Calories per 15 oz can.
Canned Pears	242*	12 cans	2,904	36 cans	8,712	2 years	* Calories per 15 oz can.
Canned Pineapple	255*	12 cans	3,060	36 cans	9,180	2 years	* Calories per 15 oz can.
Canned Fruit Cocktail	195*	12 cans	2,340	36 cans	7,020	2 years	* Calories per 15 oz can.
Crisco	12,480	48 oz	12,480	96 oz	24,960	2 years	2 large cans (48 ounces each).
Quinoa	1,696	5 lbs	8,480	10 lbs	16,960	2 years	
Dill Pickels	0	1 jar	0	3 jars	0	2 years	24 ounce jars
Ketchup	660	4 bottles	2,640	8 bottles	5,280	2 years	20 ounce bottles
Mustard	0	4 bottles	0	8 bottles	0	2 years	14 ounces bottles
Sweet Pickle Relish	384	4 bottles	1, 536	8 bottles	3,072	2 years	16.5 ounce bottle

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Egg Noodles	2,175	4 bags	8,700	8 bags	17,400	2 years	20 ounce bags
Olive Oil	30,560	1 gallon	30,560	2 gallons	61,120	2 years	
Strawberry Preserves (Jam)	850	4 Jars	3,400	8 jars	6,800	2 years	12 ounce jars
Dried Nuts: Almonds, Cashews, Macadamias, Peanuts, Pecans	2,700	4 pounds	10,800	10 pounds	27,000	2 years*	*If Frozen. Not frozen will last about 1 year. Note: Nuts vary from about 2500 to 3200 calories per pound so I used 2700 as an average.
Macaroni and Cheese	750	12 boxes	9,000	24 boxes	18,000	2 years	7.25 ounce boxes
Evaporated Milk	505	6 cans	3,030	12 cans	6,060	2 years	12 ounce cans
Brown Gravy Mix	120	6 packs	720	12 packs	1,440	2 years	1.2 ounce packs
White Gravy Mix	2,280	1 jar	2,280	2 jars	4,560	2 years	18 Ounce jar
Yeast	0	1 lb	0	2 lbs	0	18 months	Unopened
Spaghetti Sauce - Plastic or Glass jars	420	6 jars	2,520	9 jars	3,780	18 months	32 ounces jars
Grated Parmesan Cheese	2,930	2 jars	5,860	3 jars	8,790	18 months	24 ounce jars
Salsa	1,365	1 bottle	1,365	3 bottles	4,095	18 months	138 ounce bottle
Pancake Mix	1,620	5 lbs	8,100	10 lbs	16,620	1 year	Longer if repackaged in a freezer bag and frozen.
Vegetable Oil	26,432	1 gallon	26,432	2 gallon	52,864	1 year	1 gallon jug.
All Purpose Flour	1,651	5 lbs	8,255	10 lbs	16,510	1 year	
Peanut butter or powdered peanut butter	16,340	2 jars	32,680	4 jars	65,360	1 year	Jif - 48 ounce jar
Ramen Noodles	190	12 packages	2,280	24 packages	4,560	1 year*	* They may last longer but may not taste good. Though they probably wont hurt you if you kept them longer. 3 ounce packages.
Condensed Milk	1,791	2 cans	3,582	4 cans	7,164	1 year	14 ounce cans
Saltine Crackers	1,960	2 boxes	3,920	3 boxes	5,880	9 months	16 ounce box
Ritz Crackers	1,440	2 boxes	2,880	3 boxes	4,320	9 months	10.3 ounce box
Grahm Crackers	1,690	2 boxes	3,380	3 boxes	5,070	9 months	14.4 ounce box
Bread Flour	1,637	5 lbs	8,185	10 lbs	16,370	6 months	
Total Calories			778049		4033664		

<https://www.eatbydate.com/>

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