

	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE	5 PEOPLE	6 PEOPLE	7 PEOPLE	8 PEOPLE	9 PEOPLE	10 PEOPLE
<b>Wheat</b>	132 lbs 24 #10 cans	264 lbs 48 #10 can	396 lbs 72 #10 cans	528 lbs 96 #10 cans	660 lbs 120 #10 cans	792 lbs 144 #10 cans	924 lbs 168 #10 cans	1056 lbs 192 #10 cans	1188 lbs 216 #10 cans	1320 lbs 240 #10 cans
<b>Rice, white</b>	65 lbs 12 #10 cans	130 lbs 24 #10 cans	195 lbs 36 #10 cans	260 lbs 48 #10 cans	325 lbs 60 #10 cans	390 lbs 72 #10 cans	455 lbs 84 #10 cans	520 lbs 96 #10 cans	585 lbs 108 #10 cans	650 lbs 120 #10 cans
<b>Oats, rolled</b>	29 lbs 12 #10 cans	58 lbs 24 #10 cans	87 lbs 36 #10 cans	99 lbs 48 #10 cans	128 lbs 60 #10 cans	157 lbs 72 #10 cans	186 lbs 84 #10 cans	215 lbs 96 #10 cans	244 lbs 108 #10 cans	273 lbs 120 #10 cans
<b>Pasta (macaroni or spaghetti)</b>	21 lbs 6 #10 cans	42 lbs 12 #10 cans	62 lbs 18 #10 cans	83 lbs 24 #10 cans	104 lbs 30 #10 cans	125 lbs 36 #10 cans	146 lbs 42 #10 cans	167 lbs 48 #10 cans	188 lbs 54 #10 cans	209 lbs 60 #10 cans
<b>Legumes (beans, split peas, lentils)</b>	62 lbs 12 #10 cans	124 lbs 24 #10 cans	186 lbs 36 #10 cans	248 lbs 48 #10 cans	310 lbs 60 #10 cans	372 lbs 72 #10 cans	434 lbs 84 #10 cans	496 lbs 96 #10 cans	558 lbs 108 #10 cans	620 lbs 120 #10 cans
<b>Milk, non-fat dry</b>	49 lbs 12 #10 cans 28 pouches	98 lbs 24 #10 cans 56 pouches	147 lbs 36 #10 cans 84 pouches	196 lbs 48 #10 cans 112 pouches	245 lbs 60 #10 cans 140 pouches	294 lbs 72 #10 cans 168 pouches	343 lbs 84 #10 cans 196 pouches	392 lbs 96 #10 cans 224 pouches	441 lbs 108 #10 cans 252 pouches	490 lbs 120 #10 cans 280 pouches
<b>Sugar (or honey, molasses, brown sugar, jams, jellies)</b>	70 lbs 12 #10 cans	140 lbs 24 #10 cans	210 lbs 36 #10 cans	280 lbs 48 #10 cans	350 lbs 60 #10 cans	420 lbs 72 #10 cans	490 lbs 84 #10 cans	560 lbs 96 #10 cans	630 lbs 108 #10 cans	700 lbs 120 #10 cans
<b>Apple Slices, dried</b>	6 lbs 6 #10 cans	12 lbs 12 #10 cans	18 lbs 18 #10 cans	24 lbs 24 #10 cans	30 lbs 30 #10 cans	36 lbs 36 #10 cans	42 lbs 42 #10 cans	48 lbs 48 #10 cans	54 lbs 54 #10 cans	60 lbs 60 #10 cans
<b>Potato Flakes</b>	22 lbs 12 #10 cans	44 lbs 24 #10 cans	66 lbs 36 #10 cans	88 lbs 48 #10 cans	110 lbs 60 #10 cans	132 lbs 72 #10 cans	154 lbs 84 #10 cans	176 lbs 96 #10 cans	198 lbs 108 #10 cans	220 lbs 120 #10 cans
<b>Carrots, dried</b>	8 lbs 3 #10 cans	16 lbs 6 #10 cans	24 lbs 9 #10 cans	32 lbs 12 #10 cans	40 lbs 15 #10 cans	48 lbs 18 #10 cans	56 lbs 21 #10 cans	64 lbs 24 #10 cans	72 lbs 27 #10 cans	80 lbs 30 #10 cans
<b>Onions, dried</b>	2 lbs 1 #10 can	4 lbs 2 #10 cans	6 lbs 3 #10 cans	8 lbs 4 #10 cans	10 lbs 5 #10 cans	12 lbs 5 #10 cans	14 lbs 5 #10 cans	16 lbs 6 #10 cans	18 lbs 7 #10 cans	20 lbs 8 #10 cans
<b>Popcorn (popping or grinding)</b>	16 lbs 3 #10 cans	32 lbs 6 #10 cans	48 lbs 9 #10 cans	64 lbs 12 #10 cans	80 lbs 15 #10 cans	96 lbs 18 #10 cans	112 lbs 21 #10 cans	128 lbs 24 #10 cans	144 lbs 27 #10 cans	160 lbs 30 #10 cans
<b>Salt, iodized</b>	8 lbs	16 lbs	24 lbs	32 lbs	40 lbs	48 lbs	56 lbs	64 lbs	72 lbs	80 lbs
<b>Baking Soda</b>	1 lb	2 lbs	3 lbs	4 lbs	5 lbs	6 lbs	7 lbs	8 lbs	9 lbs	10 lbs
<b>Baking Powder</b>	4 lbs	8 lbs	12 lbs	16 lbs	20 lbs	24 lbs	28 lbs	32 lbs	36 lbs	40 lbs
<b>Vitamin C Tablets (90 mg)</b>	365 tablets	730 tablets	1095 tablets	1460 tablets	1825 tablets	2190 tablets	2555 tablets	2920 tablets	3285 tablets	3650 tablets

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<b>Cooking/Salad Oils (olive, soy)</b>	2 gallons	4 gallons	6 gallons	8 gallons	10 gallons	12 gallons	14 gallons	16 gallons	18 gallons	20 gallons
<b>Shortening/Frying Oils</b>	3 lbs 3 cans	6 lbs 6 cans	9 lbs 9 cans	12 lbs 12 cans	15 lbs 15 cans	18 lbs 18 cans	21 gallons 21 cans	24 gallons 24 cans	27 gallons 27 cans	30 gallons 30 cans
<b>Butter/Margerine</b>	6 lbs	12 lbs	18 lbs	24 lbs	30 lbs	36 lbs	42 lbs	48 lbs	54 lbs	60 lbs
<b>Mayonaise/Salad Dressings</b>	3 quarts	6 quarts	9 quarts	12 quarts	15 quarts	18 quarts	21 quarts	24 quarts	27 quarts	30 quarts
<b>Peanut/Nut Butters</b>	6 lbs	12 lbs	18 lbs	24 lbs	30 lbs	36 lbs	42 lbs	48 lbs	54 lbs	60 lbs
<b>Fruit Drink Mix</b>	3 #10 cans 8 pouches	6 #10 cans 16 pouches	9 #10 cans 24 pouches	12 #10 cans 32 pouches	15 #10 cans 40 pouches	18 #10 cans 48 pouches	21 #10 cans 56 pouches	24 #10 cans 64 pouches	27 #10 cans 72 pouches	30 #10 cans 80 pouches
<b>Eggs, dried (for baking, not frying)</b>	2 lbs 2 #10 cans	4 lbs 4 #10 cans	6 lbs 6 #10 cans	8 lbs 8 #10 cans	10 lbs 10 #10 cans	12 lbs 12 #10 cans	14 lbs 14 #10 cans	16 lbs 16 #10 cans	18 lbs 18 #10 cans	20 lbs 20 #10 cans
<b>Yeast</b>	2 lbs	4 lbs	6 lbs	8 lbs	10 lbs	12 lbs	14 lbs	16 lbs	18 lbs	20 lbs

Food storage amounts are based off of BYU's "Approach to Longer Term Food Storage," revised in September 2015.

<http://ndfs.byu.edu/Portals/9/docs/research/AN%20APPROACH%20TO%20LONGER%20TERM%20FOOD%20STORAGE.SEPT2015.pdf>

"How Much Food Do We Really Need?" <http://providentlivingpreps.com/2015/10/16/how-much-food-do-we-really-need/>