

## 2002 Food Storage Buying Plan

(Amounts are per person. Multiply for family.)

Month	Storage	Lbs.	Notes
January	Sugar/Salt	80	60 to 75 lbs. sugar + 5 to 20 lbs. salt   #10 can=6.13 lbs. sugar
February	Fats	25	1 gal. Oil = 6 lbs.   1 qt. Mayo = 1.5 lbs.   1 can shortening = 3 lbs.
March	Pasta	50	1 lb. bags/10 lb. boxes   #10 can=3.38 lbs. pasta 4.5 lbs spaghetti
April	Dairy	50	64 oz. box/50 lb. bag dry   #10 can=4.13 lbs. dry milk
May	Herbs	20	0.75 oz to 1 lb. bag
June	Grain	300	50 lb. bags   #10 can=5.8 lbs. wheat or 3.2 lbs. rolled oats
July	Fruit	30	#303 can=1 lb(2 c)   #10 cn=6 lbs13 oz(13.5 c)   1 pt=1 lb   1 qt=2 lbs
August	Vegetables	30	#303 can=1 lb(2 c)   #10 cn=6 lbs13 oz(13.5 c)   1 pt=1 lb   1 qt=2 lbs
September	Legumes	75	1 lb. to 50 lb. bags   #10 can = 5.25 lbs. dried beans
October	Rice	100	1/2 lb to 50 lb bags   #10 can=5.69 lbs.
November	Meat	30	5 to 50 oz cans   16 oz=1 lb
December	Baking	10	corn starch, baking powder, baking soda, vinegar, etc.

## Other helpful notes:

January: 1 gal sugar=7 lbs | 6.5 gal=50 lbs | 1 c sugar=3/4 c honey, molasses or corn syrup

February: 1 cup butter, margarine or shortening=7/8 cup oil

March: 1 c dry pasta=2 1/2 c cooked elbow mac, shells, rotini, cavatelli or wheels or 2 c spaghetti

April: 1 gal dry noninstant=5 lbs | 6.5 lbs noninst=30 lbs | 1 gal instant=3 lbs | 6.5 gal instant=20 lbs

May: 1 teaspoon of dry herbs = 3 teaspoons of fresh herbs

June: 1 gal wheat=7 lbs | 6.5 gal wheat=50 lbs | 1 gal oatmeal=3 lbs | 6.5 gal oatmeal=20 lbs

July: 1 lb dried apples=4-5 c | 1 lb dried apricots=3 c | 1 lb dried bananas=4 1/2 c

August: #10 can = 2.5 lbs. dried vegetables or 3.19 lbs. instant potatoes

September: 1 gal beans=7 lbs | 2 gal=15 lbs | 4 gal=30 lbs | 6.5 gal=50 lbs | 13 gal=100 lbs

October: 1 gal rice=7 lbs | 6.5 gal=50 lbs | 13 gal=100 lbs

November: Jerky & Dried Meats | Canned tuna, salmon, chicken, turkey, beef, ham, chili, etc.

December: Gather your other baking needs on sale during the holiday season.

If your pantry is already well-stocked in the item scheduled for purchase one month, be creative.

Assess your family storage needs and devote the month to filling your highest priority storage item.

Your needs may vary from suggested amounts or food items.

Analyze your family's eating habits, tastes, needs and resources to tailor buying plans to your needs.

## References:

Weights and Measures (.pdf file) <http://www.nursehealer.com/WeightsAndMeasures.pdf> \*

Dimensional Food Can Standards <http://www.cancentral.com/Standard.cfm>

"Pantry Cooking: Unlocking Your Pantry's Potential" by Cheryl Driggs ISBN: 0965890929

Basic Food Storage <http://www.nursehealer.com/FS8.htm>

Food Storage Cooking School - Use It or Lose It <http://www.ext.usu.edu/publica/fn503.pdf>

Measurements and Substitutions <http://www.nursehealer.com/Recipes6.htm>

Pasta Hints, Tips and History [http://www.geocities.com/NapaValley/4079/Pasta\\_Rice\\_Main/pasta.htm](http://www.geocities.com/NapaValley/4079/Pasta_Rice_Main/pasta.htm)

\* NOTE: .pdf files require Adobe Acrobat Reader to view and print.

Adobe Acrobat Reader is a FREE download from <http://www.adobe.com/>

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