

The Practical Prepper - Food Storage List

Instruction Sheet

This list was based on our diet and storage plan. In order to tailor this list to your needs, you will need to follow the instructions in our "Getting Started" tab on the blog at thepracticalprepper.com/wordpress.

So let's look at the list:

You will notice that the left side is titled, "Plan 3 months". This side is for planning and tracking of your items, you WILL have input on this section.

The center section, "Servings and Nutrition", gives you information on serving size, calories per serving and then the totals for calories, fat, protein and carbs given the unit size shown in Column 6. You will have no input in this section unless you want to change the food values it uses to calculate.

The "Total Stored" section on the right gives you the totals for all your entries. It's the column that starts to give you "real time" information on your food stores. This is what you actually have to live on. I was amazed when I did my totals at how much I actually had stored. You really don't have an idea until you do the list.

Let's see what you need to do:

If you followed the "Start Here", then you already have written down, ALL food you used during a one month span.

Now take that information and enter it into Column 2. The calculation done will then show you what you still need to complete your 3 months for this item, in Column 5.

Now as you start to add food to your stores, increase the amount in column 4 accordingly. This is the only real calculation you need to do.

Keep in mind that you must use the same value noted in Column 6, for your entries in column 4. So if you get a bag of pasta noodles and the bag is 14 oz, you need to see what the value is for that item in Column 6. For noodles, it's shown as pounds or lb. That is .87lbs, so enter that or just round off for ease of use to say, .75lbs.