



## Just the Basics

Recommended items for a one-year food supply

Amounts Needed	Code	Suggested Products	Ship Wt.	Price	Qty	Total
<b>GRAINS</b> <i>400 lbs. per person</i> <b>Storage Tip:</b> For maximum storage life, keep food and water containers off the floor (on shelves, boards or pallets) in a place that is cool, dry, and dark.	30203	Wheat, Hard Red, 33 lb. Case of 6 #10 Cans	38 lb.	\$41.69		\$
	30205	Wheat, Hard White, 33 lb. Case of 6 #10 Cans	38 lb.	\$44.69		\$
	30155	Rice, White Long, 33 lb. Case of 6 #10 Cans	38 lb.	\$44.29		\$
	31430	Barley, Pearl 92 oz. #10 Can	7 lb.	\$6.39		\$
	30176	Oats, Regular Rolled, 15 lb. Case of 6 #10 Cans	20 lb.	\$32.24		\$
	30153	Oats, Quick Rolled, 15 lb. Case of 6 #10 Cans	20 lb.	\$32.24		\$
	30169	Macaroni, Elbow, 18.75 lb. Case of 6 #10 Cans	26 lb.	\$44.29		\$
	30170	Noodles, Egg, 19 lb. Case of 6 #10 Cans	16 lb.	\$40.89		\$
	30161	Cornmeal, Yellow Case of 6 #10 Cans	32 lb.	\$32.64		\$
<b>LEGUMES</b> <i>60 lbs. per person</i> <b>Storage Tip:</b> Rotate beans and legumes at least every 8 years. If stored longer they get so hard they will not absorb water when cooked.	30159	16 Bean Mix, 31.5 lb. Case of 6 #10 Cans	37 lb.	\$59.19		\$
	30160	Beans, Black Turtle, 33.75 lb. Case of 6 #10 Cans	39 lb.	\$56.94		\$
	30151	Beans, Pinto, 31.5 lb. Case of 6 #10 Cans	37 lb.	\$45.24		\$
	30150	Lentils, 33 lb. Case of 6 #10 Cans	38 lb.	\$45.84		\$
	31075	Beans, Kidney 76 oz. #10 Can	6 lb.	\$9.59		\$
	31106	Beans, Small Red 90 oz. #10 Can	7 lb.	\$8.79		\$
	31188	Beans, Small White Navy 94 oz. #10 Can	7 lb.	\$9.39		\$
	31212	Peas, Split Green 98 oz. #10 Can	7 lb.	\$7.44		\$
<b>DAIRY PRODUCTS</b> <i>48 lbs. per person</i> <b>Usage Tip:</b> Powdered milk isn't just for drinking. You can use it to make cheese and yogurt too!	30184	Milk, Regular Nonfat, 24 lb. Case of 6 #10 Cans	29 lb.	\$88.39		\$
	30182	Milk, Instant Nonfat 22 lb. Case of 6 #10 Cans	28 lb.	\$99.49		\$
	30185	Milk Substitute, Morning Moo, 24 lb. Case of 6 #10 Cans	30 lb.	\$80.59		\$
	31963	Cheese, Red Feather Canned, Case of 36 7.97-oz. Cans	25 lb.	\$129.95		\$
	30091	Cheese Blend Powder, 19 lb. Case of 6 #10 Cans	30 lb.	\$131.79		\$
	31313	Cheese Powder, Cheddar 51 oz. #10 Can	4 lb.	\$32.54		\$
<b>SUGARS</b> <i>60 lbs. per person</i> <b>Usage Tip:</b> If honey crystallizes, heat gently to liquefy.	30175	Sugar, White, 35.25 lb. Case of 6 #10 Cans	41 lb.	\$53.54		\$
	30173	Sugar, Brown, 25 lb. Case of 6 #10 Cans	30 lb.	\$53.54		\$
	32463	Sugar, Powdered 60 oz. #10 Can	5 lb.	\$8.59		\$
	35239	Honey, Creamy Whipped, 30 lb. Case of 6 pails	32 lb.	\$81.29		\$
	35240	Honey, Grade A White Liquid, 30 lb. Case of 6 pails	32 lb.	\$78.29		\$
<b>LEAVENING</b> <i>6 lbs. per person</i> <b>Storage Tip:</b> Store yeast in the freezer.	31301	Yeast, SAF Instant, 16 oz. Packet	1 lb.	\$3.49		\$
	31253	Baking Powder, Rumford Aluminum-Free, 80 oz. #10 Can	6 lb.	\$13.59		\$
	31419	Baking Soda, 116 oz. #10 Can	8 lb.	\$8.44		\$
	31324	Eggs, Whole 48 oz. #10 Can 108 Eggs	4 lb.	\$20.74		\$
<b>SALT</b> <i>5 lbs. per person</i> <b>Usage Tip:</b> Salt soup with bouillon.	31284	Salt, Iodized 128 oz. #10 Can	9 lb.	\$6.34		\$
	31293	Sea Salt, Real Natural 32 oz. #2.5 Can	2 lb.	\$12.59		\$
	31609	Bouillon, Beef 116 oz. #10 Can	8 lb.	\$22.49		\$
	31614	Bouillon, Chicken 116 oz. #10 Can	8 lb.	\$22.49		\$
<b>FATS</b> <i>30 lbs. per person</i> Also store cooking oil.	31961	Butter, Red Feather Canned, Case of 24 12-oz. Cans	25 lb.	\$137.95		\$
	31303	Butter Powder 44 oz. #10 Can	4 lb.	\$24.29		\$
	31297	Shortening Powder 44 oz. #10 Can	4 lb.	\$10.09		\$

Name:		Total:	\$
Phone:		Shipping: Pick up: \$0	
Address:		Ground: \$8.95 + 75¢/lb.	\$
		3% Utah Food Tax:	\$
Email:	Date:	Grand Total:	\$

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