One Year of Food

WHAT DOES IT LOOK LIKE?

Hey Friends!

We talk a lot about food storage and having a stocked pantry here at Half Moon Ridge. But if you're not accustomed to stocking food for long-term use, it can be tough to visualize what, for example, a years' worth of food for one person might look like.

For example, the Centers for Disease Control estimates a diet of approximately 2,000 calories for most adults. (It varies based on gender, age, and activity level, but we'll use 2,000 for easy math.) Over the course of a year, that's 730,000 calories for most adults. But what does that look like? It's impossible to visualize.

The Church of Jesus Christ of Latter-Day Saints (no affiliation), known for its outspoken advocacy of food storage and preparedness, makes recommendations for the _absolute minimum_ amount of food for one person per year. This table shows the LDS' annual food recommendations compared to regular-sized grocery items that we're accustomed to seeing. Now, we're getting somewhere.

Food	Annual Amount	Amount Per Day	Average Size Packaging	Number of Packages Needed
Grains	400 lbs.	17.5 oz per day	Flour – 10 lbs.	40 bags
Beans	60 lbs.	2.6 oz per day	8 lbs.	7.5 bags
Meat	20 lbs.	.87 oz per day	5 – 16 oz	20 – 65 cans
Fruits/Vegetables	90 lbs.	3.95 oz per day	16 – 48 oz	30 – 90 cans
Fats/Oils	20 lbs./10qts	.87 oz per day	Oil – 1 qt Shortening – 16 – 32 oz	Oil – 10 bottles Shortening 10 – 20 cans
Honey	60 lbs.	2.63 oz per day	8 - 16 oz	60 – 120 bottles
Salt	8 lbs.	.35 oz per day	16 oz	8 bags or containers
Powdered Milk	16 lbs.	.7 oz per day	16 oz	16 boxes
Water	365 gals	1 gal per day		

Of course, you can purchase food in much larger packaging such as 50 lb bags of flour and rice or #10 cans of fruits and vegetables. And I'll be discussing those larger quantities and how to store them in an upcoming blog post. But this information seems so timely that I wanted to share some conversions right now to help you visualize large quantities of food in familiar packaging. More to come soon!

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