



# "20 of Everything" Food Storage Plan

- #Days X 1 Gallon Water X #People
- 20 Cans of Fruit
- 20 Cans of Vegetables
- 20 Cans of Meats
- 10 Cans of Soup
- 10 Pkgs Broth
- 5 Boxes of Pasta
- 5 Meals of Rice
- 5 Meals Instant Potatoes
- 5 Meals Tortilla (Chips) and Salsa
- 5 Sauces
- 5 Mixes "Just Add Water"
- 5 Boxes Cereal or Oatmeal
- 20 Snacks and Treats
- 20 Svgs of Coffee, Tea & Drinks
- 20 lbs of Flour
- 10 lbs Sugar
- Baking Powder/Arrowroot
- Baking Soda
- Spices
- Vanilla
- Anything else you can think of to pull together or jazz up a meal



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• Example for spreading it out over time: 5 cans fruit, 5 cans veggies, 5 cans meat, 2 cans soup, 2 pkg broth, 5 boxes pasta. In the week following get the rice, then the potatoes, etc. However you want to mix up to have various foods in storage. Scribble in hash marks to keep track.