Long-Term Food Storage Basics

Small steps. Practical preparation. Keep this page where you can find it.

PLAN & STOCK YOUR SUPPLY

- ☐ Set a goal: start with 1 month of food, then build toward 3 months.
- ☐ Plan 2,000 calories per adult and 1,500 per child per day.
- ☐ Build your base with rice, beans, wheat, oats, sugar, honey, and salt.
- ☐ Pair rice with beans for complete protein in your meal planning.

SEAL & STORE CORRECTLY

- ☐ Use food-grade buckets only, not hardware store buckets.
- ☐ Seal dry food in Mylar bags with one 300cc oxygen absorber per gallon.
- ☐ Iron-seal bag tops, then check edges for gaps and re-seal if needed.
- ☐ Label each bag with food type and date; store cool, dark, and dry.

SAFETY NOTE Store food at 50-70°F in a dark, dry spot; every 10-degree rise roughly halves shelf life, and moisture quickly ruins stored food. Rotate baking powder and soda regularly as they last only 1 to 3 years.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/long-term-food-storage/

Safety reference: https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency