

Get Started On Your Food Storage

Three Month Supply For One Person
Available at The Home Storage Center's

Approximate COST \$283 Prices as of 1/01/24



Wheat (Hard White)	6 # 10 Cans
Rice, White	3 # 10 Cans
Oats, Regular	3 # 10 Cans
Pasta (Macaroni/Spaghetti)	3 # 10 Cans
Beans (Black, White, Pinto)	3 # 10 Cans
Milk, Nonfat Dry	6 Pouches
Sugar	3 # 10 Cans
Apple Slices Dried	2 # 10 Cans
Potato Flakes	3 # 10 Cans
Carrots, Dried	1 # 10 Cans
Onions, Dried	1 # 10 Cans
Flour	6 # 10 Cans

How To Build A Basic Food Supply For About \$21 A Week Or ~ \$90 A Month

A great food storage program begins with a good foundation of basic foods. Most items on this list will store for 30 years at a cost of about \$22 per week for one person! The chart below shows how you can build a basic year supply from the Home Storage Center.

Month	Products by Cans or Pouches	~ Cost
JANUARY	1 Pinto Bean, 1 Apple, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Reg Oats, 2 White Wheat, 2 White Flour, 1 Spaghetti Bites	\$91
FEBRUARY	1 Black Bean, 1 Carrot, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Quick Oats, 2 White Wheat, 2 White Flour, 1 Macaroni	\$89
MARCH	1 Pinto Bean, 1 Apple, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Reg Oats, 2 White Wheat, 2 White Flour, 1 Spaghetti Bites	\$91
APRIL	1 White Bean, 1 Onion, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Quick Oats, 2 White Wheat, 2 White Flour, 1 Macaroni	\$87
MAY	1 Pinto Bean, 1 Apple, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Reg Oats, 2 White Wheat, 2 White Flour, 1 Spaghetti Bites	\$91
JUNE	1 Black Bean, 1 Carrot, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Quick Oats, 2 White Wheat, 2 White Flour, 1 Marconi	\$89
JULY	1 Pinto Bean, 1 Apple, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Reg Oats, 2 White Wheat, 2 White Flour, 1 Spaghetti Bites	\$91
AUGUST	1 White Bean, 1 Onion, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Quick Oats, 2 White Wheat, 2 White Flour, 1 Macaroni	\$88
SEPTEMBER	1 Pinto Bean, 1 Apple, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Reg Oats, 2 White Wheat, 2 White Flour, 1 Spaghetti Bites	\$91
OCTOBER	1 Black Bean, 1 Carrot, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Quick Oats, 2 White Wheat, 2 White Flour, 1 Macaroni	\$89
NOVEMBER	1 Pinto Bean, 1 Apple, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Reg Oats, 2 White Wheat, 2 White Flour, 1 Spaghetti Bites	\$91
DECEMBER	1 White Bean, 1 Carrot, 1 Rice, 1 Potato Flakes, 1 Sugar, 2 Milk, 1 Quick Oats, 2 White Wheat, 2 White Flour, 1 Macaroni	\$88

Prices as of 1/1/2024 Total \$1081

FOOD CASE TOTALS FOR ONE PERSON FOR A BASIC YEAR SUPPLY

- 2 Milk • 2 Beans (pinto/black/white) • 2 Oats (regular/quick) • 4 Wheat (white/red) • 2 Rice • 1 Apples
- 2 Pasta (macaroni/spaghetti) • 2 Sugar • 2/3 Carrot; • 1/3 Onion; • 2 Potato Flakes • 4 White Flour

Once items are purchased also add the following items:

- 8 lbs. Salt (iodized or sea salt); • 2 lbs. Yeast; • 2 lbs. Baking Soda; • 2 lbs. Baking Powder;
- 12 lbs. Honey; • 4 gallons Oil (vegetable, canola, olive, shortening),

Then it's time to add some variety such as:

Fruits, Veggies, Meat, Cheese, Eggs, Sauces, Seasoning etc.

Home Storage Product Details

Item	Storage Life (YRS)	Packed	Cost	Case	Cost	Item	Storage Life (YRS)	Packed	Cost	Case	Cost
Apple Slices	30	#10 Can	10.83	6	64.98	Pancake Mix	2	Pouches	3.90	8	31.20
Beans, Black	30	#10 Can	8.83	6	52.98	Potato Flakes	30	#10 Can	7.83	6	46.98
Beans, Pinto	30	#10 Can	8.50	6	51.00	Rice, White	30	#10 Can	7.67	6	46.02
Beans, White	30	#10 Can	7.83	6	46.98	Spaghetti Bites	30	#10 Can	5.17	6	31.02
Carrots	10	#10 Can	8.67	6	52.02	Strawberries (New)	30	#10 Can	12.67	6	76.02
Hot Cocoa	2	2 lb Pouch	6.88	12	82.56	White Sugar	30	#10 Can	8.33	6	49.98
White Flour	10	#10 Can	6.17	6	37.02	Wheat, Red	30	#10 Can	6.83	6	40.98
Macaroni	30	#10 Can	5.33	6	31.98	Wheat, White	30	#10 Can	6.33	6	37.98
Nonfat Milk	20	28 oz Pouch	6.00	12	68.04	Wheat, Red	30	25lb Bag	17.61	N/A	N/A
Oats, Quick	30	#10 Can	5.67	6	34.02	Wheat, White	30	25lb Bag	17.99	N/A	N/A
Oats, Regular	30	#10 Can	6.17	6	37.02	Boxes	N/A	N/A	1.00	25	25
Onions, Dry	30	#10 Can	8.33	6	49.98	Plastic Lids	N/A	N/A	.25	N/A	N/A

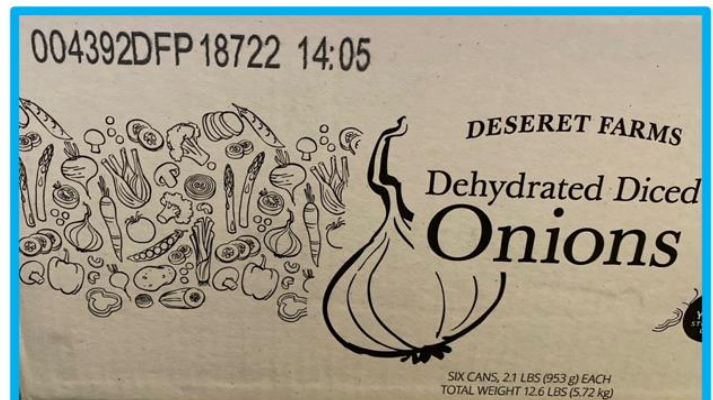
Not Available until April 1st

Prices as of 1/1/2024

How to Read the Barcode on Product Boxes & Cans

004392DFP 18722 14:05

- First 6 numbers are product = 004392 for Onions
- Next 3 letters DFP = Deseret Farms Product
- Next 5 numbers are Production Information = 18722
 - ❖ First 3 are day of the year = 187
 - ❖ Next 2 are the year = 22
- Next is the 24 hr Production time
 - ❖ 14:05 = 2:05 pm



Gilbert Family Home Storage Center

All Is Safely Gathered In



Address	Phone	Wednesday	Saturday
1697 E. Williams Field Rd. Gilbert	480-282-8664	12 pm - 6 pm	9 am - 12 pm