

# 1 Year Food Supply List

Supply List · 33 items · 10 sections

A complete 1-year food supply list for a family of four, with quantities for grains, proteins, fats, and essentials to maintain 2,000 calories per person per day.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/1-year-food-supply-list>

## WATER

- Water (enough for drinking and cooking: 1 gallon per person per day)

HIGH

*For a family of 4 for 1 year = approximately 1,460 gallons. Use 55-gallon drums + rainwater collection*

## GRAINS

- White rice

HIGH

*For a family of 4. Shelf life: 25-30 years sealed*

- Whole wheat or hard red wheat (for grinding)

HIGH

- Rolled oats

HIGH

- Pasta (dried)

HIGH

- Cornmeal

## PROTEINS

- Dried pinto or kidney beans

HIGH

*Beans + rice together form a complete protein*

- Dried lentils

HIGH

- Canned tuna, salmon, and sardines

HIGH

- Canned chicken and meat

HIGH

- Freeze-dried meat (chicken, beef)
- Powdered eggs (whole egg powder)

HIGH

- Peanut butter and nut butters

HIGH

## FATS

- Cooking oil (vegetable, olive, coconut)

HIGH

- Shortening or lard (for baking)

## DAIRY

- Powdered whole milk

HIGH

- Canned evaporated milk

## FRUIT AND VEG

- Canned vegetables (corn, peas, green beans, tomatoes)

HIGH

- Canned fruit (peaches, pears, mixed fruit)

- Freeze-dried fruit and vegetables

- Dried fruit (raisins, apricots, dates)

## SWEETENERS AND FLAVOURING

- Sugar (white, granulated)

HIGH

- Honey (natural preservative)

HIGH

*Honey has an indefinite shelf life*

- Salt (iodised)

HIGH

- Baking soda and baking powder

HIGH

- Yeast (dry, for bread making)

## NUTRITION

- Multivitamins (1-year supply per person)

HIGH

*Critical for preventing deficiency diseases*

- Vitamin C (essential when fresh produce is scarce)

HIGH

## COMFORT

- Coffee and tea (morale)

## STORAGE

- Food-grade storage buckets with gamma lids

HIGH

*Store grains and beans in mylar bags inside buckets*

- Mylar bags (5-gallon)

HIGH

- Oxygen absorbers (2000cc for 5-gallon bags)

HIGH

- Food rotation tracking spreadsheet / log

*First in, first out. Rotate stock at least annually*