FOOD STORAGE CALCULATOR

Calories first, then pounds. Count the people, find the daily calories, multiply by the days, then split that across the seven groups overleaf. Work down with a pen.

1 · CALORIES YOUR HOUSEHOLD BURNS IN A DAY

WHO	EACH, PER DAY	HOW MANY	CALORIES
Adults (19-60)	**2,000 cal**		
Active adults	**2,500 cal**		
Seniors (60+)	**1,800 cal**		
Teens (14-18)	**2,200 cal**		
Children (9-13)	**1,800 cal**		
Children (4-8)	**1,400 cal**		
Toddlers (1-3)	**1,000 cal**		
Infants (under 1)	**800 cal**		
HOUSEHOLD, PER DAY			

ADJUST FOR HOW HARD PEOPLE ARE WORKING

Sitting out a storm indoors? **0.85**. Normal life, **1.0**. Cutting wood, hauling water, walking everywhere? **1.3**, and a grid-down month is closer to that.

2 · MULTIPLY BY THE DAYS

Days you are storing for Two weeks, a month, three months, a year. Start where you are.	—	
Activity multiplier 0.85, 1.0 or 1.3 from above.	—	
TOTAL CALORIES TO STORE		

WORKED EXAMPLE

Two adults, two children aged 9 to 13: **7,600 calories a day**. Thirty days at normal activity is **228,000 calories**, or **189 lbs** of food. Fruit and veg is most of that weight: at 450 calories a pound it takes 66 lbs to hit a 13 percent share.

THE SEVEN GROUPS

Store across all seven, not just the cheap two. A pallet of rice keeps you alive and makes you miserable. Multiply your total calories by the share, divide by the calories per pound, and you have the pounds to buy.

GROUP	SHARE	CAL / LB	POUNDS
Proteins Canned chicken and tuna, jerky, peanut butter, freeze-dried eggs	25%	1,200	
Grains & Cereals White rice, rolled oats, pasta, flour	20%	1,650	
Legumes & Beans Pinto and black beans, lentils, split peas	14%	1,550	
Fats & Oils Olive and coconut oil, mixed nuts, ghee, tallow	12%	3,900	
Fruit & Veg Canned vegetables, dried fruit, freeze-dried produce	13%	450	
Dairy & Powdered Whole powdered milk, powdered eggs, cheese powder	9%	2,300	
Sugars & Comfort Honey, sugar, cocoa, instant coffee, tea	7%	1,800	
TOTAL POUNDS	100%		

3 · PETS

Dry food, per animal, per day. Multiply by your days and add it to the list.

Dogs	1 lb / day	
Cats	0.3 lb / day	

WHAT WE WOULD BUY

Ready to eat No cooking, no water	**Freeze-Dried Meals**, **MRE Case (12 meals)**, **Trail Mix / Nuts (high calorie)**
Bulk calories The base of the stack	**Extra Calorie-Dense Food (7-14 day)**, **Emergency Food Bars**
Store it Keeps the bulk good for years	**Mylar Bags + O2 Absorbers**, **Vacuum Sealer**, **Weatherproof Storage Trunk**
Preserve it Turn a glut into next winter	**Pressure Canner**, **Food Dehydrator**, **Home Freeze Dryer**, **Fruit Strainer / Food Mill**
Cook it With the power off	**Camp Stove + Fuel**, **Cast-Iron Dutch Oven**, **Mess Kit (pot, cup, utensils)**, **Canned Cooking Fuel (Sterno)**, **Wood Cookstove**
Grow it The only supply that renews	**Heirloom Seed Kit**, **Seed to Seed**

ROTATION

Food you never eat is food you never find out you dislike. Oldest to the front, new to the back, and eat from the stack.

Date last inventoried

Next check every six months

Gaps to fill first