

# Food Storage Ideas for up to 3 Weeks

<b>Food Storage</b>				
<b>Size</b>	<b>Food</b>	<b>Serv</b>		<b>Shelf Life</b>
#10 can	Dehydrated onion	1TB	272	30 years
	White Rice	1/4 c	54	30+ years
	Potato Flakes	1/3 c	39	30+ years
#10 can	Powdered Milk	1 c	29	2 years
#10 can	Apple Slices	1 oz	34	5 years
#10 can	Carrots	1 oz	34	5 years
#10 can	Dried Refried Beans	1/2 c	29	5 years
#10 can	Oatmeal (quick)	1/2 c	27	30+ years
#10 can	Pasta Elbow Mac	1/2 c	28	30+ years
#10 can	Spaghetti Bites	2 oz	22	30 years
#10 can	Sugar			30+ years
Bag	Pancake Mix	1/3 c	40	2+ years
Bag	Potato Pearls	1/4 c	31	2 years
Pouch	Lentils	1/2 bag	2/pouch	2 years
Pouch	Madras Lentils	1/2 bag	2/pouch	2 years
1 qt Box	Coconut Milk	1 c	4	2+ years
1 qt Box	Chicken Stock	1 c	4	
15 oz can	Soups		2	2+ years

15 oz can	Tomato Sauce		2-4	3+ years
15 oz can	Tomatoes		2-4	3+ years
15 oz can	Marinara Sauce		2-4	3+ years
16 oz	Peanut Butter	2 TB	14	1-2 years
<b>Individual Servings</b>				
	Granola Bar	1/meal		1 1/2-3 years
	Applesauce	1/meal		1-2 years
7 oz can	Mandarin Oranges	1/meal		2-3 years

<b>Canned Meats</b>				
	Beef	2 oz	4	3-5 years
	Salmon	2 oz	3	3-5 years
	Tuna	2 oz	3.5	3-5 years
	Chicken Breast	2 oz	3.5	3-5 years
<b>Vegetables</b>				
15 oz can	Green Beans	1/2 c	4	3-5 years
15 oz can	Corn	1/2 c	4	3-5 years
15 oz can	Beans, kidney, etc.	1/2 c	4	3-5 years
15 oz can	Refried Beans	1/2 c	4	3-5 years






1


1