30-DAY FOOD SUPPLY



One shopping list. Five people. Thirty days. About 2,000 calories per person per day.

Not five people? Multiply every amount: **2 PEOPLE × 0.4** · **3 × 0.6** · **4 × 0.8** · **6 × 1.2**

START HERE Buy three days of food you can eat cold first: canned beans, chicken, fruit, crackers and nut butter. Add a manual can opener. Then work down the list.

PROTEIN

☐ Canned beans or chickpeas 15 oz	**60 CANS**
☐ Dry lentils or split peas	**10 LB**
☐ Canned chicken 12.5 oz	**24 CANS**
☐ Canned salmon or sardines 6 oz	**12 CANS**

GRAINS

☐ Brown rice	**25 LB**
☐ Rolled oats	**20 LB**
☐ Whole-wheat pasta	**15 LB**
☐ Quinoa	**10 LB**
☐ Whole-grain crackers	**6 LB**
☐ Plain instant potato flakes	**5 LB**

VEGETABLES

☐ Low-sodium canned vegetables 14–15 oz	**90 CANS**

Mix it up: carrots, green beans, peas, squash, leafy greens. Don't lean on corn.

FRUIT

☐ Canned fruit in water or juice 15 oz	**60 CANS**
☐ Unsweetened dried fruit	**5 LB**

MILK

☐ Nonfat dry milk	**10 LB**

Or shelf-stable soy milk with calcium and vitamin D.

FATS

☐ Peanut or almond butter	**10 LB**
☐ Unsalted nuts and seeds	**8 LB**
☐ Extra-virgin olive oil	**3 LITERS**

BASICS

- ☐ Iodized salt, herbs, spices, garlic powder, cinnamon
- ☐ Tea or coffee
- ☐ Manual can opener
- ☐ Camp stove and fuel outdoor use only

Amounts are estimates. Adjust for ages, appetites, allergies and medical needs. Sources: American Heart Association, CDC, FDA

MAKE IT LAST

THREE MEALS FROM THIS LIST

BREAKFAST

OATS
+
MILK
+
FRUIT
+
NUTS

LUNCH

RICE OR QUINOA
+
BEANS
+
VEGETABLES
+
OLIVE OIL

DINNER

PASTA
+
CHICKEN
+
VEGETABLES

KEEP IT GOOD

- [ ] Write the date on everything you buy. Eat the oldest first.
- [ ] Store it cool, dry and sealed. Grains, nuts and oil go stale fastest, so rotate them.
- [ ] Cook only what you'll eat. Opened cans and mixed milk need a fridge.
- [ ] Cook one meal from this pantry this month, before you ever need to.

WATER Water isn't on this list. It's on the Grid-Down Checklist: 150 gallons for five people for 30 days. Dry foods need extra water to cook.

Sources: American Heart Association, CDC, FDA