30 days / 4 weeks 2 Adult / 2 Children	Canned Mushrooms	Chili	Soup	Mac Cheese	Oatmeal Packets	Cereal Boxes	Soup Mix	Pasta Sauce	Noodles	SPAM	Tuna	Chicken	Cream Mushroom	Refried Beans	Tomato Soup	Garlic	Onion	Corn	Chicken bouillon	Black Beans	Kidney Beans	Green Chili	Crushed Tomatoes	Rice	Peas	Fried Rice Mix
DINNER - 28 dinners																										
Six Can Chicken Tortilla Soup												4 -10 oz						4 - 15 o	16 tbsp	4-15 oz.		4	4-10oz			
Tuna Rice Casserole											4 cans		1.3 cups											8 cups		
Red Beans and Rice										4 cans						4 clove	4 onion/dehydrated				8-15oz	4	4	4 cup		
Tuna-Au-Gratin	2										4 cans		1.3 cups				8 tlbs								4 can	
Spaghetti								4 jars	4 bags																	
Rainbow Bean Soup							4 bags																4			
Fried Rice										4 cans																4
BREAKFAST - 30 breakfasts																										
Oatmeal					90																					
Cereal						5																				
LUNCH - 30 lunches																										
Mac Cheese (x2)				8																						
Tomato Soup															4											
Other canned soups			8																							
Refried Beans (x2)														8												
Chili		8																								
SHOPPING LIST	2	8	8	8	9 boxes	5	4	4	4 lb	8	8	4	2.6 cup	8	4	1 lrg jar	1 can d	4	2.5 oz	4	8	8	12	10.5 lb	4	4

OTHER	
Baking Powder	*1 can*
Baking Soda	*1 box*
Canned Veggies	*30 cans*
Flour	*25 lb*
Garlic Powder	*1*
Honey	*1*
Peanut Butter	*2*
Pears	*12*
Peaches	*20*
Apple Sauce	3
Pineapple	*12*
Powder Milk	*15 lbs*
Rice	*25 lb*
Salt	*1 canister*
Shortening	*1*
Sugar	*10 lbs*
Vegetable Oil	*1*
Wheat	*18 lb*
vinegar	*1 for 3 mo.*
Water (3 day/1 gal per day per person)	*9 gal*
Yeast	*1*
Items From Menu Planner Above	
Mushrooms	2
Chili	8
Soup	8
Mac Cheese	8
Oatmeal Packets	9 boxes
Cereal Boxes	5
Soup Mix	4
Pasta Sauce	4
Noodles	4 lb
SPAM	8
Tuna	8
Chicken	4
Cream Soup Mix	2.6 cups
Refried Beans	8
Tomato Soup	4
Garlic	1 lrg jar
Onions	1 can dehydrated
Corn	4
Chicken bouillon	2.5 oz
Canned Black Beans	4
Dried Kidney Beans	8
Canned chili peppers	8
Diced Tomatoes	12
Rice	10.5 lb
Peas	4
Fried Rice Mix	4

http://jonesing2create.com/how-much-food-storage-i-need