

Inventory List

| | Unit | Target | Quantity | Amount | Shelf |
|--|---------|--------|----------|--------|-------|
| Item | Measure | Amount | on hand | Needed | Life |
| Grains, Cereal, Rice and Pasta Group | | | | | |
| | | | | | |
| <u>Wheat, Grain, Flour - 400 pounds per person per year</u> | | | | | |
| Barley-hulled | lb. | | | | |
| Buckwheat - hulled | lb. | | | | |
| Corn - Dent | lb. | | | | |
| Flour, white | lb. | | | | |
| Cream of Wheat Cereal | lb. | | | | |
| Instant Oatmeal | box | | | | |
| Malt-o-Meal | box | | | | |
| Millet - Hulled | lb. | | | | |
| Oat Groats | lb. | | | | |
| Oats, Quick | lb. | | | | |
| Oats, Rolled | lb. | | | | |
| Popcorn | lb. | | | | |
| Rye | lb. | | | | |
| Spelt | lb. | | | | |
| Wheat, Red | lb. | | | | |
| Wheat, White | lb. | | | | |
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| <u>Rice & Pasta, Select 40 lbs. per adult</u> | | | | | |
| Rice, Brown | lb. | | | | |
| Rice, white | lb. | | | | |
| Pasta, Egg Noodles | lb. | | | | |
| Pasta, Macaroni | lb. | | | | |
| Pasta, Penne | lb. | | | | |
| Pasta, Sea Shell | lb. | | | | |
| Pasta, Spaggetti | lb. | | | | |
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| <u>Meat, Poultry, Fish, Dried Beans, Eggs and Nuts</u> | | | | | |
| Beef Chunks | can | | | | |
| Beef, canned | quart | | | | |
| Chicken chunks | can | | | | |
| Hamburger, ground | lb. | | | | |
| Jerky | lb. | | | | |
| Protein Powder | lb. | | | | |
| Salmon, canned, 14 oz | can | | | | |
| Tuna | can | | | | |
| Turkey Chunks | lb. | | | | |
| Turkey, ground | lb. | | | | |

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| TVP--bacon bits, ham, sausage, taco bits | lb. | | | | |
| *TVP=Textured Vegetable Protein | | | | | |
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| <u>Nuts - Select 5 pounds minimum, per adult</u> | | | | | |
| Almonds | lb. | | | | |
| Peanut Butter | jars | | | | |
| Peanuts | lb. | | | | |
| Pecans | lb. | | | | |
| Walnuts | lb. | | | | |
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| <u>Eggs - Select 12 dozen minimum, per adult</u> | | | | | |
| Egg Whites, Dehydrated | #10 can | | | | |
| Eggs, Whole Dehydrated (96 eggs) | #10 can | | | | |
| Egg Mix | #10 can | | | | |
| | | | | | |
| <u>Legumes, Beans, Peas -- Select 60 pounds per adult</u> | | | | | |
| Beans, Garbanzo | lb. | | | | |
| Beans, Kidney | lb. | | | | |
| Beans, Lima small | lb. | | | | |
| Beans, Pink | lb. | | | | |
| Beans, Pinto | lb. | | | | |
| Beans, Small Red | lb. | | | | |
| Beans, Small White (Navy) | lb. | | | | |
| Lentils, dry | lb. | | | | |
| Split peas | lb. | | | | |
| Chili | can | | | | |
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| <u>Vegetable Group</u> | | | | | |
| Vegetables--Select 90 lbs. dried, or 370 quarts or 370 pounds fresh per year per adult | | | | | |
| Bamboo shoots | can | | | | |
| Beans, Green | quart | | | | |
| Beans, Green | can | | | | |
| Beans, refried | can | | | | |
| Beets | quart | | | | |
| Beets | pint | | | | |
| Broccoli, freeze dried | #10 can | | | | |
| Carrots, Diced | #10 can | | | | |
| Corn | can | | | | |
| Corn, dried or dehydrated | #10 can | | | | |
| Enchilada Sauce | jar | | | | |
| Jalapenos, sliced | jar | | | | |
| Mushrooms | can | | | | |
| Peas, canned | can | | | | |
| Peas, sweet | #10 can | | | | |

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| Pizza Sauce | jar or can | | | |
| Potato, dices | lb. | | | |
| Potato, hashbrown | lb. | | | |
| Potato, canned whole | lb. | | | |
| Pumpkin | can | | | |
| Salsa | jar | | | |
| Spaghetti Sauce | jar or can | | | |
| Tomato Paste--6 ounce | can | | | |
| Tomato sauce--12 ounce | can | | | |
| Tomatoes, diced - 14 oz. | can | | | |
| Tomatoes, diced - 28 oz | can | | | |
| Tomatoes, stewed | can | | | |
| Tomatoes, whole | can | | | |
| Water Chestnuts | can | | | |
| Tomato, Powdered | #10 can | | | |
| Sprouting seeds | lb. | | | |
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| Soup--Select 100 cans, per adult, for 12 months (varieties) | | | | |
| ABC Dry soup mix | #10 can | | | |
| ABC Dry Soup Mix | lb. | | | |
| Tomato | can | | | |
| Vegetable Beef | can | | | |
| Chicken Noodle soup | can | | | |
| Cream of Chicken | can | | | |
| Cream of Mushroom | can | | | |
| Lipton--Onion Soup Mix | pkg | | | |
| Lipton noodle soup mix | pkg | | | |
| Vegetable Stew Blend | #10 can | | | |
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| | | | | |
| <u>Bouillon - select 2 lbs per adult, per year</u> | | | | |
| Beef Bouillon | #10 can | | | |
| Beef Bouillon | jar | | | |
| Chicken Bouillon | #10 can | | | |
| Chicken Bouillon | jar | | | |
| | | | | |
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| <u>Fruit Group</u> | | | | |
| Fruits--Select 90 pounds dried, 370 quarts, or 370 lbs. fresh per adult per year | | | | |
| Apple Slices--dehydrated | lb. | | | |
| Apple Slices--Peach flavored | lb. | | | |
| Apple Slices -- Strawberry flavored | lb. | | | |
| Apple sauce | quart | | | |
| Apple Sauce | pint | | | |
| Apple sauce--25 ounce | can or jar | | | |
| Banana--dried chips | lb. | | | |

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| Blueberries, canned | can | | | | |
| Cherries, jar | jar | | | | |
| Fruit cocktail | can | | | | |
| Fruit Galaxy | #10 can | | | | |
| Oranges, Mandarin | can | | | | |
| Peaches, slices, canned | can | | | | |
| Pear halves, canned | can | | | | |
| Pie filling--Apple | can | | | | |
| Pie filling--Cherry | can | | | | |
| Pineapple, chunks | can | | | | |
| Pineapple, crushed | can | | | | |
| Pineapple, juice | can | | | | |
| Pineapple, slices | can | | | | |
| Pineapple, tidbits | can | | | | |
| Raspberries, canned | quart | | | | |
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| <u>Milk, Cheese Group</u> | | | | | |
| Milk and Dairy -- Select 30 lbs. per adult per year | | | | | |
| Butter, powdreed | #10 can | | | | |
| Cheddar Cheese, Powdered | #10 can | | | | |
| Cheese, Brick | lb. | | | | |
| Cheesecake -- no Bake | #10 can | | | | |
| Infant Formula | can | | | | |
| Milk, Non-fat dry | lb. | | | | |
| Morning Moo--Powdered | lb. | | | | |
| Parmesan, grated | lb. | | | | |
| Sour Cream, powdered | #10 can | | | | |
| UHT whole milk | quart | | | | |
| UHT lowfat milk | quart | | | | |
| Whipped topping | #10 can | | | | |
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| <u>Canned Milk - 12 cans minimum, per adult for one year</u> | | | | | |
| Evaporated milk - canned | can | | | | |
| Sweetened Condensed Milk | can | | | | |
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| <u>FATS, OILS and SWEETS</u> | | | | | |
| Oils, Fats and Shortenings, 30 lbs. per adult for a year | | | | | |
| Butter | lb. | | | | |
| Coconut Oil | gal | | | | |
| Crisco, solid, plain | 3 lb. | | | | |
| Mayonnaise | quart | | | | |
| Olive Oil | gallon | | | | |
| Salad Dressing | quart | | | | |
| Vegetable Oil | gallon | | | | |

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| Honey, Sugar and Syrup. 60 lbs, minimum | | | | | |
| Corn syrup | quart | | | | |
| Gelatin, variety | pkg | | | | |
| Honey | lb. | | | | |
| Maple Syrup | bottle | | | | |
| Molasses | gallon | | | | |
| Pancake Syrup | bottles | | | | |
| Pudding | pkg | | | | |
| Sugar, Brown | lb. | | | | |
| Sugar, Granulated | lb. | | | | |
| Sugar, powdered | lb. | | | | |
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| Miscellaneous Food Items | | | | | |
| Comfort Foods | | | | | |
| Cake/Brownie Mix | box | | | | |
| Chewing Gum | pkg | | | | |
| Chocolate Chips | lb. | | | | |
| Hard Candy | lb. | | | | |
| Peppermint hard candies | lb. | | | | |
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| LEAVENING AGENTS--Select 12 pounds minimum per adult | | | | | |
| Baking Powder -- 2 lbs. per adult | lb. | | | | |
| Baking Soda--10 lb per adult | lb. | | | | |
| Bread Enhancer | lb. | | | | |
| Yeast, Dry--2 lbs. per adult | lb. | | | | |
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| Thickeners | | | | | |
| Clear Gel | lb. | | | | |
| Cornstarch | lb. | | | | |
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| SPICES, FLAVORINGS AND CONDIMENTS | | | | | |
| CONDIMENTS--SELECT AS NEEDED | | | | | |
| A-1 Steak Sauce | bottle | | | | |
| Horseradish | jar | | | | |
| Hot Sauce | bottle | | | | |
| Jam | pint | | | | |
| Jelly | pint | | | | |
| Ketchup | bottle | | | | |
| Lemon juice--freezer | bottle | | | | |
| Lime Juice | bottle | | | | |
| Liquid Smoke | bottle | | | | |
| Mustard | bottle | | | | |

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| Olives | jar | | | | |
| Pickles | bottle | | | | |
| Soy Sauce | jar | | | | |
| Vinegar--Apple Cider | gallon | | | | |
| Vinegar--Apple Cider | bottle | | | | |
| Vinegar--white | bottle | | | | |
| Vinegar--white | gallon | | | | |
| Worcestershire Sauce | bottle | | | | |
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| SALT--Select 8 lbs. per adult per year | | | | | |
| Salt, canning | lb. | | | | |
| Salt, iodized | lb. | | | | |
| Salt, real salt | lb. | | | | |
| Salt, sea salt | lb. | | | | |
| Salt, Lite | lb. | | | | |
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| SPICES--Select 5 lbs minimum per adult for 12 months | | | | | |
| Basil leaves | lb. | | | | |
| Bay Leaf | lb. | | | | |
| Cayenne | lb. | | | | |
| Chili Flakes, Red Pepper | lb. | | | | |
| Chili Powder | bottle | | | | |
| Cinnamon Sticks | lb. | | | | |
| Cinnamon, ground | bottle | | | | |
| Cloves | lb. | | | | |
| Cumin | lb. | | | | |
| Curry | lb. | | | | |
| Dill | lb. | | | | |
| Garlic Powder | lb. | | | | |
| Garlic Salt | lb. | | | | |
| Garlic, minced | lb. | | | | |
| Lemon Pepper | bottle | | | | |
| Marjoram Leaves | lb. | | | | |
| Mustard, ground | lb. | | | | |
| Nutmeg | lb. | | | | |
| Onion Powder | lb. | | | | |
| Onion, chopped, dried | lb. | | | | |
| Oregano | lb. | | | | |
| Paprika | lb. | | | | |
| Parsley Leaves | lb. | | | | |
| Peppercorn, whole | lb. | | | | |
| Pepper, ground | lb. | | | | |
| Pizza Seasoning, Italian seasoning | lb. | | | | |
| Rosemary | lb. | | | | |
| Sage | lb. | | | | |
| Seasoned Salt | lb. | | | | |

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| Seasame Seed | lb. | | | | |
| Taco Seasoning | lb. | | | | |
| Tarragon | lb. | | | | |
| Thyme | lb. | | | | |
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| FLAVORINGS AND EXTRACTS | | | | | |
| Almond extract | quart | | | | |
| Carob, powdered | lb. | | | | |
| Cocoa, powdered | lb. | | | | |
| Lemon extract | bottle | | | | |
| Maple Flavoring | bottle | | | | |
| Orange flavoring | bottle | | | | |
| Vanilla flavoring | bottle | | | | |
| | | | | | |
| BEVERAGES--350 servings or 25 pounds minimum per adult per year | | | | | |
| Coffee beans | lb. | | | | |
| Coffee, instant | lb. | | | | |
| Fruit drink mix | #10 can | | | | |
| Tea, black | lb. | | | | |
| Tea, green | lb. | | | | |
| Tea, herbal | lb. | | | | |
| Tea, medicinal | lb. | | | | |
| Apple juice | gallon | | | | |
| Hot chocolate mix | lb. | | | | |
| Tomato juice | gallon | | | | |
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| | | | | | |
| Water for at least 2 weeks, minimally 15 gallons per person, more if possible | | | | | |
| Water, drinking, tap water | gallon | | | | |
| Water, non-drinking, tap water | gallon | | | | |
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| Household Items | | | | | |
| Paper, plastic and aluminum | | | | | |
| Aluminum foil--25 sq. ft | roll | | | | |
| Aluminum foil--wide | roll | | | | |
| Baking cups | pkg | | | | |
| Bread bags | pkg | | | | |
| Brown paper bags, lunch size | pkg | | | | |
| Kleenex | box | | | | |
| Oven bags, large | box, 4 | | | | |
| Oven bags, small | box, 5 | | | | |
| Paper bowls | each | | | | |
| Paper napkins | 100 count | | | | |

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| Paper plates, | each | | | | |
| Paper plates, small | each | | | | |
| Paper plates, large | each | | | | |
| Paper/plastic cups | each | | | | |
| Parchment paper | roll | | | | |
| Plastic forks | each | | | | |
| Plastic knives | each | | | | |
| Plastic spoons | each | | | | |
| Plastic wrap | roll | | | | |
| Styrofoam cups | each | | | | |
| Toilet paper | roll | | | | |
| Toothpicks, 250 count | pkg | | | | |
| Trash bags, kitchen (13 gallon) | each | | | | |
| Trash bags, small | each | | | | |
| Trash bags, extra large (55 gallon) | each | | | | |
| Wax Paper | roll | | | | |
| Ziplock bags, 2 gallon | box 10 ct | | | | |
| Ziplock bags, 1 gallon | box 12 ct | | | | |
| Ziplock bags, quart | box 15 ct | | | | |
| Ziplock bags, sandwich | box 50 ct | | | | |
| Ziplock bags, snack size | box 100 ct | | | | |
| Sandwich bags, no zip, fold over top | box 100 ct | | | | |
| | | | | | |
| | | | | | |
| Batteries, Lightbulbs, Pest Control and Fire Items | | | | | |
| Batteries, 9 volt, lantern | each | | | | |
| Batteries, AA | each | | | | |
| Batteries, AAA | each | | | | |
| Batteries, C | each | | | | |
| Batteries, D | each | | | | |
| Bic type lighters | each | | | | |
| Dust masks | each | | | | |
| Firestarters | each | | | | |
| Flashlight, one per person | each | | | | |
| Flashlight replacement bulbs | each | | | | |
| Lightbulbs, 100 w | 4 pack | | | | |
| Lightbulbs, 60 w | 4 pack | | | | |
| Matches, 250 count | pkg | | | | |
| Mousetraps, figured at 1 per week | each | | | | |
| Needles, assorted sizes | pkg | | | | |
| OFF, bug repellant | each | | | | |
| Razors, single blade | each | | | | |
| Safety pins, assorted sizes | pkg | | | | |
| Ultra pure lamp oil, 22 ounce | each | | | | |
| Ultra pure lamp oil, 1 liter | each | | | | |
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| Cleaners | | | | | |
| Ammonia, | quart | | | | |
| Cleanser | can | | | | |
| Clorox bleach | gallon | | | | |
| Clorox bleach, floor and surface cleaner | gallon | | | | |
| Dishwashing liquid | gallon | | | | |
| Disinfectant (Pinesol) | gallon | | | | |
| Furniture Polish | bottle | | | | |
| Laundry detergent | pound | | | | |
| Laundry detergent, liquid | jug | | | | |
| Liquid soap dispensers | each | | | | |
| Liquid soap refill | each | | | | |
| Lysol spray | each | | | | |
| Soap bars | each | | | | |
| Soft scrub | bottle | | | | |
| Sponges | each | | | | |
| Steel pads | each | | | | |
| Window cleaner | gallon | | | | |
| | | | | | |
| | | | | | |
| Health and Hygiene | | | | | |
| Hygiene, personal | | | | | |
| Carmax | each | | | | |
| Chapstick | each | | | | |
| Cosmetic items, make your own list | each | | | | |
| Cotton balls | pkg 200 | | | | |
| Dental Floss | roll | | | | |
| Deoderant | each | | | | |
| Hair Conditioner | bottle | | | | |
| Hair Shampoo | bottle | | | | |
| Heel stone, pumice type | each | | | | |
| Lotion | bottle | | | | |
| Mouthwash | bottle | | | | |
| Panty liners | box | | | | |
| Q-tips | 100 pkg | | | | |
| Razors, disposable | pkg 10 | | | | |
| Shaving cream | can | | | | |
| Tampons | box | | | | |
| Toothbrush | each | | | | |
| Toothpaste | tube | | | | |
| | | | | | |
| | | | | | |
| Medications/Health | | | | | |
| 4 x 4 inch dressing bandage | each | | | | |
| ACE bandage | each | | | | |
| Alcohol, isopropyl | bottle | | | | |

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| Bag Balm, 10 ounce | container | | | | |
| Band Aids, 100 count | box | | | | |
| Benadryl | box | | | | |
| Betadine spray | bottle | | | | |
| Betadine/Neosporin ointment | tube | | | | |
| Butterfly bandages | box/9 | | | | |
| Epson salts | pkg | | | | |
| Eye dropper | each | | | | |
| Gauze pads | pkg | | | | |
| Hydrogen peroxide | bottle | | | | |
| Medical gloves, 100 count | box | | | | |
| Medical tape | box | | | | |
| Moleskin | pkg | | | | |
| Nyquil | bottle | | | | |
| Pain Medication (Advil, Aspirin, Motrin, Tylenol) | bottle | | | | |
| Preparation H Ointment | tube | | | | |
| Surgical Tape | roll | | | | |
| Tea Tree Oil | bottle | | | | |
| Throat lozenges, cough drops | pkg | | | | |
| Minerals | quart | | | | |
| Vitamin C | bottle | | | | |
| Vitamin D | bottle | | | | |
| Vitamin, multi | bottle | | | | |
| | | | | | |
| Special Medications | | | | | |
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| ITEMS NEEDED PER PERSON PER FAMILY | | | | | |
| BEDDING--Enough to keep each person warm if there is no heat | | | | | |
| Blankets | each | | | | |
| Quilts | each | | | | |
| Sleeping bags | each | | | | |
| Pillow | each | | | | |
| Plastic sheets | each | | | | |
| | | | | | |
| | | | | | |
| Clothing (a complete change) | | | | | |
| Shoes | pairs | | | | |
| Socks | pairs | | | | |
| Underclothing | each | | | | |
| Boots--water proof | pairs | | | | |
| Boots--cold weather | pairs | | | | |
| Gloves | pairs | | | | |
| Hat, sun | each | | | | |
| Hat, winter | each | | | | |
| Jacket | each | | | | |
| Pants, long | each | | | | |

[illegible]