

A GUIDE TO

# Long-Term FOOD STORAGE



ROAD TO RELIANCE

# *I*NSTRUCTION PAGE

Long-term food storage is essential for emergency preparedness and self-sufficiency. This workbook provides you with pre-made lists of foods that are suitable for long-term storage.

You can refer to these lists when planning your food storage strategy. Additionally, there are two blank lists included for you to add your own long-term storage foods.

Regularly review and update your long-term food storage lists to ensure your emergency preparedness remains current and effective. Customize your food storage to suit your family's dietary preferences and any specific needs you may have.

It's also essential to pay attention to storage guidelines, such as temperature and humidity, to maintain the quality and safety of your stored food items.

Stay prepared, stay safe, and keep your long-term food storage organized with this workbook.

*Annie Lewellyn*

# Long-Term FOOD STORAGE

DATE: \_\_\_\_\_

DESTINATION: \_\_\_\_\_

## GRAINS AND STAPLE FOODS

- Rice (White/Brown/Wild)
- Pasta (various Varieties)
- Flour (White/Wheat/Other)
- Oats (Rolled/Steel Cut)
- Cornmeal
- Quinoa
- Barley
- Lentils
- Beans (Dried)
- Dried Corn
- Bulgur
- Couscous

## LONG-TERM STORAGE VEGETABLES

- Potatoes
- Onions
- Garlic
- Winter Squash
- Carrots
- Beets
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## MISCELLEANOUS

- Crackers
- Jerky
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## NUTS AND SEEDS

- Almonds
- Walnuts
- Sunflower Seeds
- Chia Seeds
- Flax Seeds

## CANNED GOODS

- Canned Milk
- Canned Fruits
- Canned Soups
- Canned Meats
- Canned Beans
- Canned Tomatoes
- Canned Sauces
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## DRIED FRUITS

- Dates
- Cranberries
- Prunes
- Raisins
- Apricots

## BAKING SUPPLIES

- Baking Powder
- Baking Soda
- Yeast
- Sugar (Granulated/Brown)
- Salt
- Cooking Oils
- 
- 
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## IMPORTANT

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Long-Term *F*OOD STORAGE

DATE: \_\_\_\_\_

DESTINATION: \_\_\_\_\_

## DRIED HERBS AND SPICES

- Salt \_\_\_\_\_
- Pepper \_\_\_\_\_
- Basil \_\_\_\_\_
- Oregano \_\_\_\_\_
- Thyme \_\_\_\_\_
- Rosemary \_\_\_\_\_
- Cumin \_\_\_\_\_
- Paprika \_\_\_\_\_
- Chili Powder \_\_\_\_\_
- Cinnamon \_\_\_\_\_
- Nutmeg \_\_\_\_\_
- Garlic Powder \_\_\_\_\_

## CONDIMENTS

- Ketchup \_\_\_\_\_
- Mustard \_\_\_\_\_
- Mayonnaise \_\_\_\_\_
- Soy Sauce \_\_\_\_\_
- Vinegar \_\_\_\_\_
- Hot Sauce \_\_\_\_\_
- \_\_\_\_\_

## OTHER

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PRESERVES AND JAMS

- Fruit Preserves (Jam/Jellies) \_\_\_\_\_
- Honey \_\_\_\_\_
- Maple Syrup \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPECIALTY AND COMFORT FOODS

- Chocolate Bars \_\_\_\_\_
- Candy \_\_\_\_\_
- Peanut Butter \_\_\_\_\_
- Popcorn Kernels \_\_\_\_\_
- Instant Noodles \_\_\_\_\_
- Bouillon Cubes or Powder \_\_\_\_\_
- Granola Bars \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BEVERAGES

- Coffee (Whole bean/Ground) \_\_\_\_\_
- Tea (Various) \_\_\_\_\_
- Hot Chocolate Mix \_\_\_\_\_
- Powdered Milk \_\_\_\_\_
- \_\_\_\_\_

## SUPPLIES

- Moisture Absorbers \_\_\_\_\_
- Buckets \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## *I*MPORTANT

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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# Long-Term *F*OOD STORAGE

DATE:

\_\_\_\_\_

DESTINATION:

\_\_\_\_\_

## GRAINS AND STAPLE FOODS

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## NUTS AND SEEDS

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## DRIED FRUITS

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## CANNED GOODS

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## BAKING SUPPLIES

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## LONG-TERM STORAGE VEGETABLES

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## MISCELLEANOUS

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*I*MPORTANT

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# Long-Term *F*OOD STORAGE

DATE: \_\_\_\_\_

DESTINATION: \_\_\_\_\_

## DRIED HERBS AND SPICES

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## CONDIMENTS

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## OTHER

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## PRESERVES AND JAMS

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## SPECIALTY AND COMFORT FOODS

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## BEVERAGES

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## SUPPLIES

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## *I*MPORTANT

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