

	A	B	C	D	E	F	G	H
1	<b>Food Stores for 6 people for 1 Year, 2 Adults, 4 Children</b>							
2	<b>Item:</b>	<b>Current</b>	<b>Need</b>		<b>Days That you have Food for.</b>	<b>Need to order</b>	<b>Bought</b>	
3								
4	<b>Canned Vegetables</b>			<b>Description / Weight / Serving</b>				
5	Small Corn	60	72	15.25 oz	30	12		
6	Small Cream Corn	10	72	15.25 oz	5	62		
7	Small Green Beans	60	72	14.5 oz	30	12		
8	Small French cut Green Beans	60	72		30	12		
9	Small Wax Beans	0	12	14.5 oz	0			
10	Small Sliced Carrots	60	72	14.50 oz	30	12		
11	Small length cut Carrots	0	24	15 oz	0			
12	Small Spinach	36	72	13.25 oz	18	36		
13	Small Whole Beets	3	24	15 oz	1.5	21		
14	Small Sliced Beets	3	24		1.5			
15	Small Mushrooms	9	24	4 oz/7 oz	36	15		Not Counted as a Vege
16	Small Asparagus	0	24	14.5 oz	0	24		
17	Small Sauerkraut	0	8	8 oz	0	8		Not Counted as a Vege
18	Small Whole Potatoes	60	72		30	12		
19	Small Sliced Potatoes	0	72	15 oz	0	72		
20	Small Sweet Potatoes	0	24	15.75 oz	0	24		
21	Small Artichokes	0	12		0	12		
22	Small Lima Beans	0	12	14.5 oz	0	12		
23	Small Baked Beans	0	72	16.0 oz	0	72		
24	Small Peas	60	72	15 oz	30	12		
25	Small Mixed Vege's	11	72		5.5	61		
26	Med Can Sliced Carrots	0	72		0	72		
27	Med Baked Beans	0	24	28.0 oz	0	24		
28	Med Can Corn	0	72	29 oz	0	72		
29	Med Can Green Beans	0	72	28.5 oz	0	72		
30	Med Can sliced Potatoes	0	72	29 oz	0	72		
31	Med Can Whole Potatoes	0	72	29 oz	0	72		
32	Large Can Baked Beans	8	8		32	0		
33	Large Can Sliced Carrots	0	4		0	4		
34	#10 Large Can Baked Beans	1	4	6lb 6oz / 110oz	4	3		
35	#10 Large Can Whole Potatoes	0	4	6lb 6oz / 110oz	0	4		
36	#10 Large Can Green Beans	1	4	6lb 6oz / 110oz	4	3		
37	#10 Large Can Corn	0	4	6lb 6oz / 110oz	0	4		
38								
39	<b>Days of Vegetables</b>			2 small cans of one vege a Day	<b>251.5 Days</b>			
40	<b>Days of Vegetables</b>			Days or total Vege Count: 2 small cans or 1 med can or 1/4 of a large can a day.	<b>251.5 Days</b>			
41								
42	<b>Breads and Cereals</b>							
43	Lofts of bread - White	0	24		0	24		
44	Lofts of bread - Wheat	0	24		0	24		
45	Lofts of bread - Whole	0	24		0	24		
46	English Muffins	0	24		0	24		
47	Oatmeal	0	24		0	24		
48	Cereal #1	0	24	Cheerios - Net WT 8.9 oz	0	24		
49	Cereal #2	0	24	Generic Raisin Bran - Net WT 18.2 oz	0	24		
50	Cereal #3	0	24	Rice Krispies - Net WT 12 oz	0	24		
51	Cereal #4	0	24	honey nut cheerios - Net WT 12.25 oz	0	24		
52								
53								
54	<b>Days of Breads and Cereals</b>				<b>0 Days</b>			
55								
56	<b>Canned Meals</b>							
57	Beef Ravioli	4	72	Single severing - Net WT 15 oz	0.6666667	68		
58	Mini-Ravioli	0	72	Single severing	0	72		
59	Beefaroni	5	72	Single severing	0.8333333	67		
60	Spaghetti + Meatballs	2	72	Single severing - Net WT 14.5 oz	0.3333333	70		

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61	Spaghetti's	0	72	Single severing	0	72		
62	ChilliMac	0	72	Single Severing - Net WT 15 oz	0	72		
63	Canned Stews	0	72	Single severing	0	72		
64	Lrg Can Beef Ravioli	0	12		0	12		
65	Lrg Can Beefaroni	0	12		0	12		
66	Lrg Can Spaghetti + Meatballs	0	12		0	12		
67	Packaged Meals Hormel	0	24		0	24		
68	Packaged Meals MRE	20	24		20	4		
69								
70	<b>Days of Canned Meals</b>			6 small cans or 2 large cans per day or 1 MRE per person	21.833333	Days		
71								
72	<b>Canned Fruits</b>							
73	Small Can Oranges (Mandering)	0	24	11.0 oz	0	24		
74	Med Can Oranges (Mandering)	5	24	15.0 oz	1.6666667	19		
75	Small Can Pineapple	0	24	20.0 oz	0	24		
76	Med Can Pineapple	7	24		3.5			
77	Small Can Pears	0	24		0			
78	Med Can Pears	0	24		0	24		
79	Small Can Mixed Fruit	0	24		0			
80	Med Can Mixed Fruit	0	24	15 oz	0	24		
81	Large Can Mixed Fruit	0	4	6lb6oz	0	4		
82	Small Can Peaches	0	24		0	24		
83	Med Can Peaches	0	24		0			
84	Fruit Cups - Snacks	0	72		0	72		
85								
86	<b>Days of Canned Fruits</b>			2 cans per family per day	5.1666667	Days		
87								
88								
89	<b>Canned Meats</b>							
90	Canned Ham 3lb	0	24	48 oz	0	24		
91	Canned Ham 1lb	1	24	16 oz	1	23		
92	Small Canned Ham	12	24	10.0 oz	6	12		
93	Small Canned Chicken	9	24	10 oz	3	15		
94	Small Canned Beef	9	24		2.25			
95	Small Canned Turkey	12	24	12.0 oz	6	12		
96	Small Tuna Can	36	60	6 oz	9	24		
97	Med Canned Ham	0	24		0	24		
98	Med Canned Chicken	0	24		0	24		
99	Med Canned Beef	0	24		0	24		
100	Med Canned Turkey	0	24		0	24		
101	Med Tuna Can	0	30		0	30		
102	Lrg Canned Ham	0	6		0	6		
103	Lrg Canned Chicken	0	6		0	6		
104	Lrg Canned Beef	0	6		0	6		
105	Lrg Canned Turkey	0	6		0	6		
106	Lrg Tuna Can	0	6	6lb6oz	0	6		
107	Canned Spam	0	24		0	24		
108	Vienna Sausage Small Can	0	24	5 oz	0	24		
109	Vienna Sausage Large Can	0	24	9 oz	0	24		
110	Deviled Ham	0	24		0	24		
111	Chicken spread	0	24		0	24		
112								
113	<b>Days of Canned Meats</b>			1 Meat a day	27.25	Days		
114								
115	<b>Soups</b>							
116	Soup #1	10	24	Chicken Noodle - Condensed 10.5 oz	2.5	14		
117	Soup #2	4	24	Beef and Barley - Progresso	1	20		
118	Soup #3	24	24	Beef and Country Vege - Shaws	6	0		
119	Soup #4	30	24	Minestrone - Progresso	7.5	-6		
120	Soup #5	3	24	Chicken Noodle - Progresso	0.75	21		
121	Soup #6	5	24	Cream of Mushroom - Condensed 10.5 oz	0	19		
122	Soup #7	30	24	Hearty Penne - Progresso	7.5	-6		

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123	Soup #8	15	24	Tomato Soup - Condensed - 10.75 oz	3.75		9	
124	Soup #9	4	24	Hearty Vege - Shaws	1		20	
125	Soup #10	1	24	Sirloin Burger - Chunky's - 18.8 oz	0.25		23	
126	Soup # 11	0	24	Clam Chowder	0		24	
127	Soup #12	0	24	Chicken and Rice	0		24	
128	Soup #13	0	24	Instant Cup of Soup	0		24	
129	Soup #14	0	24	Campbell's Broccoli and Cheese - Condensed 10.25 oz	0		24	
130	Soup #15	24	24	Country Vege - Vege	6		0	
131	Boxed Soups - Add Water	0	12	Quick Barley - 11 oz - 6 serving	0		12	
132	Ramen Noodles	0	24	Chicken Noodle - 1 case / 12 packages	0		24	
133	Broth	0	12	Chicken Broth	0		12	
134								
135	<b>Days of Soups</b>			<b>1 soup 1 day</b>		<b>36.25 Days</b>		
136								
137	<b>Side's - Other</b>							
138	Mac + Cheese	3	24	4 serving box	1.5		21	
139	Rice	10	24	4 serving box	5		14	
140	Rice Risotto	0	12	7 serving	0			
141	Instant Potatoes single package serving	1	24	1 serving package	0.5			
142	Instant Potatoes (Dry)	0	12	8 Serving boxes	0		12	
143	French Fried Onions	2	12	Used with green bean cassorol	0.5		-6	
144	Scallop potatoes (Dry)	0	12		0			
145	Mashed Potatoes (Dry)	0	12	4-1/2 serving pouch	0			
146	Hamburger Helper	0	12	Stroganoff	0			
147	small can Sloppy Joe Mix	0	12		0			
148	Assorted Beans	0	6		0			
149	Easy Mac Cups	0	12		0			
150								
151	<b>Days of Sides</b>			<b>1 side with meat</b>		<b>7 Days</b>		
152	<b>Need to redo formula for suace !!!!</b>							
153	<b>Spaghetti and Sauces</b>							
154	Jars of Sauce - Ragu	6	12	Sundried Tomatoe and Basil	3		6	
155	Jars of Sauce - Ragu	2	12	Sweet Basil	1			
156	Jars of Sauce - Ragu	0	12	W/ Meat 26.5 OZ	0		12	
157	Jars of Sauce - Ragu	3	12	26 oz Roasted Garlic	1.5		9	
158	Jars of Sauce - Ragu	1	12	26 oz traditional	0.5		11	
159	Jars of Sauce - Ragu	6	12	26 oz Chopped Tomato - Olive Oil & Garlic	3		6	
160	Jars of Sauce - Ragu	3	12	Tomaes Garlic + Onion	1.5		9	
161	Jars of Sauce - Ragu	2	12	26 oz Oddities	1		10	
162	Small Can Crushed Tomatoes	0	12		0		12	
163	Small Can Diced Tomatoes	0	12	Shaws - Italian Style Garlic & Basil	0		12	
164	Small Can Diced Tomatoes	3	12	Delmonte - Italian Style	1		9	
165	Small Can Whole Tomatoes	0	12		0		12	
166	Small Can Tomatoes Paste	1	12		1		11	
167	Med Can Whole Tomatoes (Unpeeled)	0	12		0		12	
168	Med Can Whole Tomatoes (Peeled)	0	12	14.5 oz	0		12	
169	Med Can Crushed Tomatoes	0	12		0		12	
170	Med Can Diced Tomatoes	0	12		0		12	
171	Med Cans Ground Tomatoes	0	12		0		12	
172	Med Can Tomatoes Paste	0	12				12	
173	Large Can Crushed tomatoes	0	4	6lb 6oz			4	
174	Large Can Tomatoes Sauce	0	4	6lb 9oz			4	
175	Med Can Chili Beans	0	4	For Chili mixture	0		4	
176	Casserole Elbows	2	4		2		2	
177	Small Shells	8	4		8		-4	
178	Spaghetti	12	24	Boxes	12		12	
179	Lasagna	0	24	boxes	0		24	
180	Med Shells	5	24		2.5		19	
181	Packaged Pasta	10	24	Pasta Sides	5		14	
182	Rotini	0	24		0		24	
183								
184	<b>Days of Sauce</b>			<b>2 day Sauce</b>		<b>20 Days</b>		

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185	<b>Days of Pasta</b>			<b>1 day Pasta</b>		<b>29.5 Days</b>		
186								
187	<b>Mixes / Breakfast</b>							
188	Pancake Mix	1	60		0.5	59		
189	Maple Syrup	1	12			11		
190	muffin mix	0	60		0	60		
191	Muffin Mix - Pumpkin	0	6	Box 14 oz	0			
192	Pop Tarts	0	60	Boxes of 3 double packs	0	60		
193								
194	<b>Days of Breakfast items</b>			<b>Breakfast</b>		<b>0.5 Days</b>		
195								
196	<b>Other Condiments</b>							
197	Salt	1	4	1 quart containers		3		
198	Pepper	1	4	6oz containers		3		
199	Sugar	1	1000	Packets		999		
200	Sugar	0	1	5lb package				
201	Honey	2	2			0		
202	Cheese-its	0	4			4		
203	Salted Crackers / salted	1	8	Saltines		7		
204	Salted Crackers / unsalted	0	4			4		
205	Ritz Crackers	1	4					
206	Bread Crumbs	2	0					
207	Pickles	5	4	24 oz Kosher Baby dills		-1		
208	Green Olives	5	12			7		
209	Med Black Olives	0	12	6 oz		12		
210	Med Jar Mayo	1	6	16 oz		5		
211	Lrg Jar Mayo	1	6	32 oz		5		
212	Ketchup	0	2			2		
213	Small Mustard - yellow	0	2			2		
214	Med Mustard - Yellow	0	2	14 oz		2		
215	Med Mustard - Brown	1	2	12 oz		1		
216	Peanut butter	0	8			8		
217	Fluff	0	2			2		
218	Jelly - Grape	1	8			7		
219	Jelled Cranberry Sauce	1	4			3		
220	Taco Shells	0	12			12		
221	Snack Pudding / Fruit Cups	0	12	4Pack Pudding / Fruit		12		
222	Slim Jims	0	4	15 pack.		4		
223	drink mix	0	12	powdered drink mix		12		
224	Powered Ice Tea	0	2			2		
225	Cookies	0	8			8		
226	Small Salsa Jars	1	8	16 / 15.5 oz		7		
227	Large Salsa Jars	1	8			7		
228	Beef Gravy	0	4	10.5 oz		4		
229	Turkey Gravy	0	4	10.5 oz		4		
230								
231	<b>Milk / Juices / Other Drinks</b>							
232	Soda #1	0	8	Lemonade		8		
233	Soda #2	0	8	Root Beer		8		
234	Soda #3	0	8	Diet Coke		8		
235	Soda #4	0	8	Coke		8		
236	Juices	0	100	Total Containers		100		
237	Evaporated Milk	0	60	6oz cans		60		
238	Powered Milk	0	10	Boxes of Quart packages 12 packages per		10		
239	V8	3	24			21		
240								
241								
242	<b>Water</b>							
243	Cooking	0	40	gals	0	40		
244	Drinking	0	100	gals	0	100		
245	2 Liter Refills	0	30	bottles	0	30		
246	1 gal refills	0	40	gals	0	40		



	A	B	C	D	E	F	G	H
308	<b>Total food days Average</b>	<b>37.7272727</b>	<b>130.90909</b>	<b>Days</b>	<b>93.18182</b>			
309	<b>Total food days</b>	<b>415</b>	<b>1440</b>	<b>Days</b>	<b>1025</b>			