

GUIDE FOR RESERVE FOOD SUPPLY

Kind of food	Amount per person for		Remarks
	1 day	2 weeks	
1. Milk	Equivalent of 2 glasses (fluid)	Equivalent of 7 quarts (fluid)	Each of the following is the equivalent of 1 quart of fluid milk: Evaporated milk: three 6-ounce cans, one 14½-ounce can. Nonfat dry milk or whole dry milk: 3-3½ ounces.
2. Commercially canned	2 servings	28 servings (8-9 pounds)	Amounts suggested for one serving of each food are as follows: Canned meat, poultry: 2-3 ounces Canned fish: 2-3 ounces. Canned mixtures of meat, poultry, or fish with vegetables, rice, macaroni, spaghetti, noodles, or cooked dry beans: 8 ounces. Condensed soups containing meat, poultry, fish, or dry beans or dry peas: one-half of a 10½-ounce can.
3. Fruits and vegetables (If nonacid vegetables are included, those commercially canned are recommended)	3-4 servings	42-56 servings	Amounts suggested for one serving of each food are: Canned juices: 4-6 ounces, single strength Canned fruit and vegetables, 4 ounces. Dried fruit: 1½ ounces
4. Cereals and baked goods	3-4 servings	42-56 servings (5-7 pounds)	Amounts suggested for one serving of each food are as follows (selection depends on extent of cooking possible): Cereal: Ready-to-eat; puffed: ½ ounce; other, 1 ounce. Uncooked (quick-cooking): 1 ounce. Crackers, cookies, 1 ounce. Canned bread, steamed puddings, and cake: 1-2 ounces. Flour, flour mixes: 1 ounce. Macaroni, spaghetti, noodles: Dry: ¾ ounce. Cooked, canned: 6 ounces.
5. Spreads for bread and crackers	According to family practices		Examples: Cheese spreads. Peanut and other nut butters. Jam, jelly, marmalade, preserves. Sirup, honey. Apple and other fruit butters. Relish, catsup, mustard.
6. Fats and vegetable oil		Up to 1 pound or 1 pint	Amount depends on extent of cooking possible. Kinds that do not require refrigeration.
7. Sugars, sweets, and nuts		1-2 pounds	Sugar, hard candy, gum, nuts, instant puddings.
8. Miscellaneous	According to family practices and extent of cooking possible		Examples: Coffee, tea, cocoa (instant), bouillon products. Flavored beverage powders. Salt, pepper. Flavoring extracts, vinegar, soda, baking powder.

For further information, ask your county agent for U.S. Department of Agriculture Home and Garden Bulletin 77.