



A Famine Menu

NOTE: This is a bare-bones menu just to give you an idea of what you could store for one year. It is very carb heavy for one reason: carbs are super cheap. If you don't know where else to start and are extremely tight on money, this is a starting point. As you can, add multivitamins, Vitamin C tablets, and dehydrated/freeze-dried fruits and vegetables.

Per Day for One Person

3 slices of whole wheat bread (lunch and dinner)
1 pot of [oatmeal](#) (breakfast, vary with spices and either fresh or dehydrated fruit and/or nuts)
1 pot of rice (dinner)
1 pot of beans (dinner, vary with spices)
1 glass of milk

In Addition Per Week

1 pint of jam
1 jar of peanut butter
1 spaghetti dinner with hamburger
4 pots of soup
7 jar sprouting seeds rotation

In Addition Per Month

1/2 -#10 can popcorn
1 can potato flakes
1 can refried Beans
1 can white flour

Amounts to Store for One Person, Two Persons, Three Persons, Four Persons

Wheat : 90 lbs, 168 lbs, 252 lbs, 366 lbs	Peanut Butter: 17 lbs, 34 lbs, 52-16 oz, 52-16 oz jars
Rolled Oats: 24 lbs, 48 lbs, 72 lbs, 96 lbs	Fruit Jam: 52 Pints
Rice : 60 lbs, 120 lbs, 180 lbs, 240 lbs	Spaghetti Sauce: 52 Quarts
Dry Beans: 60 lbs, 120 lbs, 180 lbs, 240 lbs	Canned Hamburger or meat: 52 pints
Spaghetti Pasta: 60 lbs, 120 lbs, 180 lbs, 240 lbs	Popcorn: #10 cans, 6
Powdered Milk: 16 lbs (kids 32 lbs), 32 lbs, 48 lbs, 64 lbs	Multi-Vitamins: 365, 730, 1095, 1460
Potato Flakes: 18 lbs, 36 lbs, 54 lbs, 72 lbs	Spices
Refried Beans: 24 lbs, 48 lbs, 72 lbs, 96 lbs	Salt: 8 lbs
White Flour: 48 lbs, 96 lbs, 144 lbs, 192 lbs	
Honey: 18 lbs, 36 lbs, 57 lbs, 57 lbs	
Granulated Sugar: 40 lbs, 80 lbs, 120 lbs, 160 lbs	
Oil : 9 Qts, 18 Qts, 18 Qts, 18 Qts	
Yeast: 2 lbs, 4 lbs, 8 lbs, 8 lbs	
Sprouting Seeds (Wheat, beans, seeds), 40 lbs, 80 lbs, 120 lbs, 160 lbs	