

Food Storage for the 1095 Meals

ITEM	YEAR USE	LIFE	USE IN	FROM
Apple Wedges - frz	20 lbs	9 mo	pie, cobbler, pork stew	Grown
Apple Sauce	11 jars	12 mo	side dish, soft food	Staters
Apricots - fresh	10 lbs	1 wk	snacks	several
Almond Extract	1 bottle	indef	desserts, cookies	Staters
Artichokes	6	1 wk	sides	Staters
Asparagus	2 bunches	1 wk	sides	Staters
Avocados	84	2 wks	tacos, guac, salads	Staters
Bacon	40 -1 lb pkg	1 yr	many	Costco
Bagels	14 pk.	5 days	breakfast	Staters
Baking Powder	3 cans	2 yrs	leavening agent	Staters
Baking Soda	4 boxes	2 yrs	leavening agent	Staters
Bananas	12 bunches	1 wk	breakfast, snacks, sm.	Staters
BBQ Sauce	10 bottles	2 yrs.	sauce for meats	Staters
Beans - black/can	12 cans	3 yr	vinegar black beans	Staters
Beans - pinto/can	40 cans	3 yr	refried beans	Staters
Beans - red/can	40 cans	3 yr	pasta fagoli, chili, soups	Wal-Mart
Beans - white/can	12 cans	3 yr	stews, soups	Staters
Beans - dried	store only	indef	stews, chutney, sides	LDS
Beef - Flap Meat	12 flaps	12 mo.	carne asada	Staters
Beef - Top Sir, London, etc.	65 lbs	1 yr	many	Staters
Bell Pepper - green	40	3 wks	many	Staters
Bell Pepper - red	70	2 wks	many	Staters
Berries - variety	20 cartons	3 days	sides, smoothies,	Staters
Better than Boullion	5 jars	5 yrs	meat flavoring	Staters
Bok Choy	2 bunches	3 days	Stir fry	Staters
Boullion - dry	store only	5 yrs	many	Staters
Bread - white or wheat	36 loaves	2 wks	sandwiches	Staters
Brittle pieces	1 bag	1 yr	cookies	Staters
Broccoli - fresh	31 crowns	2 wks	salads, sides, snacks	Staters
Broccoli Slaw	30 bags	1 wk	salads, sides	Staters
Broth - Chicken	12 boxes	5 yrs	many	Wal-Mart
Brownie mixes	2 boxes	1 yr	dessert	Staters
Butter	24 boxes	9 mo	many	Costco
Buttermilk	14 quarts	2 wks	pancakes, syrup, batter	Staters
Cabbage - fresh	20 heads	2 wks	salads, egg rolls, soups	Staters
Cajun Seasoning	1 cont	indef	seasoning	S&F
Cake mixes	2 boxes	1 yr	dessert	Staters

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Cauliflower	31 crowns	2 wks	sides, snacks, salads	Staters
Canned Fruit - assort	60 cans	12 mo	sides, soft foods	Staters
Canned veggies - assort	12 cans	4 yrs	soups, sides, casserole	Staters
Carrots - fresh	50 bags	1 mo	many	Staters
Cantaloupe - fresh	20 melons	2 wks	breakfast, snack, sides	Staters
Cardamom	1 jar	indef	desserts	Albertsons
Cayenne Powder	2 cont	10 yrs	seasoning	S&F
Celery	24 bunches	2 wks	many	Staters
Cereal - boxed	48 boxes	1mo	breakfast	Wal-Mart
Cheese - Asiago	1 brick	6 mo	rosciutto pinwheels, salads	Albertsons
Cheese - Cream	15 bricks	1 mo	many	Staters
Cheese - Cheddar	55 lbs	8 mo	many	Costco
Cheese - Mozzarella	25 lbs	6 mo	many	Costco
Cheese - Parmesan	10 jars	8 mo	many	Staters
Cheese - Slices	6 pkg	1 mo	grilled cheese, hamburgers	Staters
Cherries - fresh	15 lb	2 wks	sides, snacks	Staters
Cherries - frozen	6 pkg	6 mo	snacks, dessert	Staters
Chicken	175 lbs	1 yr	many	Albertsons
Chicken - canned	54 cans	3 yrs	ch. Salad, enchiladas,	Costco
Chilies - Jalp., green	6 cans	4 yrs	many	Staters
Chilies - fresh grown/frozen	1 lg. Ziploc	1 yr	many	Grown
Chile - Staggs canned	24 cans	5 yrs	lunches, sides	Staters
Chili Powder	1 cont	10 yrs	seasoning	S&F
Chocolate - Baker's Squares	2 boxes	18 mo	desserts	Staters
Chocolate - Milk chips	4 bags	2 yr	cookies	Staters
Chocolate - White chips	2 bags	2 yr	fudge, pretzel dipping	Staters
Cilantro - fresh	12 bunches	1 wk	salads, salsa, soups	Staters
Cinnamon	2 cont	indef	rolls, pudding, sw. pot	Costco
Cocoa	2 cont	4 yr	cookies, cakes, desserts	S&F
Coffee	1 sm can	1 yr	Swiss steak	Staters
Corn on the cob	48 ears	1 wk	side dish	Staters
Corn Starch	2 boxes	indef	thickening agent	Staters
Cornbread mix	6 pkg.	18 mo	sides	Staters
Couscous	12 boxes	1 yr	sides	Staters
Crackers - varied brands	36 boxes	3 mo	snacks	Wal-Mart
Cranberries - dried	2 bags	1 yr	gr beans, oatmeal, salad	Wal-Mart
Cranberries - frozen	4 bags	1 yr	sauce, salsa, jello salad	Staters
Cream of Soups	40 cans	5 yrs	many	Staters

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Cream of Tartar	2 jars	indef	cookies, etc.	Staters
Cucumbers	24	1 wks	salads, snacks, sides	Staters
Cumin Powder	1 cont	10 yrs	seasoning	S&F
Cup-a-Soups	24 cups	8 yrs	lunches, soft foods	Staters
Curry	1 jar	indef	beef curry, ch salad	Staters
Cuties - tangerines	60 lbs	1 mo	snacks, sides	Staters
Deli Meats	20 lbs	1 mo	lunches	Albertsons
Dijon Mustard	1 jar	1 yr	meat flavoring, sauces	Staters
Dill	1 jar	indef	potato salad, potato bites	Staters
Dressing - Chinese	1 bottle	4 mo	salads	Staters
Dressing - Coleslaw	2 bottle	4 mo	Broccoli slaw, cabbage	Staters
Dressing - Italian	1 bottle	4 mo	meat flavoring, sauces	Staters
Dressing - Poppy seed	1 bottle	4 mo	salads	Staters
Dressing - Ranch	1 bottle	4 mo	many	Staters
Edamame	2 lb	1 yr	snacks, salad	Staters
Eggs	25 dozen	1 mo	many	Staters
Flour	50 lbs	8 mo	many	LDS
Frozen - Bell Peppers	10 bags	6 mo	fajitas, stir fry	Staters
Frozen - Corn	15 bags	8 mo	sides, casseroles	Staters
Frozen - Green Beans	20 bags	8 mo	sides, casseroles	Staters
Frozen - Hash Browns	4 bags	10 mo	breakfast, hash	Staters
Frozen - Peas	20 bags	8 mo	sides, casseroles	Staters
Frozen - Stir Fry	25 bags	8 mo	stir fry	Staters
Garlic - minced	5 jars	6 mo	many	Costco
Garlic - powdered/granules	2 container	5 yrs	garlic bread, seasoning	Costco
Garlic chili sauce	2 jars	6 mo	Kung Pao, stir fry	Staters
Gatorade - powdered	3 lg. cans	9 mo	electrolyte drink	On line
Ginger	1 jar	indef	many	Staters
Grapes - varied	30 lbs	2 wks	sides, snacks	Staters
Grapefruit - fresh	15	2 wks	breakfast	Staters
Ham	6	1 yr	dinner, lunches	Staters
Hamburger	140 lbs	1 yr	many	Staters
Hersey's Syrup	2 bottles	2 yrs	ice cream top, milk	Staters
Hoisin Sauce	3 jars	2 yr	Moo Shoo	Staters
Honey	3 lg. jars	2 yrs	rolls, sweetener	Staters
Honeydew	20 melons	1 wk	sides, snacks	Staters
Hot Chocolate	10 boxes	5 yrs	drink	Staters
Hot Dogs	15 pkg	6 mo	dinner, lunches	Staters

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Hot Sauce - Frank/ Tabasco	1 bottle	indef	spicy veggies, meatballs	Staters
Ice Cream	104 cartons	4 mo	desserts	Staters
Italian Seasoning	2 cont	5 yrs	seasoning	S&F
Jell-O	8 boxes	2 yrs	sides, soft foods	Staters
Jelly	5 jars	1 yr	toast, PB & J, biscuits	Staters
Jerky	10 pkg	1 yr	lunch, camping	Costco
Jicama	14	2 wks	salad, snacks, stir fry	Staters
Karo Syrup - corn syrup	3 bottles	indef	pancake syrup, caramels	Wal-Mart
Ketchup	1 bottle	2 yrs	cond., sauces	Staters
Kiwi	25	2 wks	sides, snacks	Staters
Lawry's Seas. Pepper	6 cont	indef.	many	Staters
Lawry's Seas. Salt	4 cont	indef.	many	Costco
Lawry's Taco Seas. Pig	35 packets	2 yr	Mexican	Staters
Lemon Juice - frozen	lg. Ziploc	2 yr	many	Grown
Lemonade - powdered	3 cont	2 yr	drinks	S&F
Lettuce - Iceberg	24 heads	2 wks	many	Staters
Lettuce - Romaine	12 bunches	2 wks	many	Staters
Lime Juice	36	4 mo	marinade, salsa, dessert	Staters
Mac-n-Cheese - Kraft	32 boxes	1 yr	lunches, soft foods	Staters
Marshmallows	3 bags	3 mo	rice krispies, camping	Staters
Marshmallow Cream	1 jar	4 yr	fudge	Wal-Mart
Mayo/Miracle Whip	2 jars	1 yr	cond., sauces	Staters
Milk	60 gallons	1 wk	many	Staters
Milk - sweetened condensed	4 cans	1 yr	desserts	Wal-Mart
Milk - evaporated	5 cans	1 yr	sweet potato casserole	Wal-Mart
Milk - powdered	store only	9 mo	fry bread, baking	LDS
Molasses	store only	1 yr	desserts	Wal-Mart
Mongolian Beef BBQ sauce	15 pkg.	1 yr	Mongolian Beef BBQ	Staters
Noodles - Lasagna	12 boxes	6 yrs	lasagna	Staters
Noodles - assorted boxes	48 boxes	6 yrs	sides, soft foods	Staters
Noodles - Spaghetti	20 boxes	6 yrs	Spaghetti, chow mein	Staters
Nutella	3 jars	2 mo	dipping fruit, toast	Staters
Nutmeg	1 jar	indef	yams, pumpkin pie, desser	Staters
Nuts - Almonds	3 lg. pkg	1 yr	snacks, salads, gr beans	Costco
Nuts - Cashew	5 cans	1 yr	snacks, salads	Costco
Nuts - Peanuts	10 jars	1 yr	many	Wal-Mart
Nuts - Pecans	4 lg. bags	1 yr	many	Costco
Nuts - Pine nuts	8 pkg	3 mo	wilted spinach, salad	Staters

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Nuts - Pistachio	4 pkg	1 yr	snacks	Costco
Nuts - Sunflower seeds	12 jars	1 yr	many	Staters
Nuts - Walnuts	2 lg. bags	1 yr	snacks, salads, baking	Wal-Mart
Oatmeal - Instant bags	4 boxes	10 yrs	breakfast, soft foods	Staters
Oatmeal - whole	60 cups	10 yrs	breakfast, cookies, etc.	Costco
Oil - Canola	6 gallons	2 yrs	many	Costco
Oil - Olive	3 gallons	2 yrs	many	Costco
Olives - black	12 cans	3 yrs	snacks	Costco
Onions - green	24 bunches	2 wk	many	Staters
Onions - sweet	30	1 mo	many	Staters
Orange Marmalade	2 jars	6 mo	spicy carrots, orange chicken	Staters
Oranges - fresh	40	2 mo	many	Staters
Oregano	4 bottles	indef	many	Staters
Oyster Sauce	1 bottle	1 yr	Lumpia, egg rolls	Staters
Pam Spray	2 cans	2 yrs	many	Costco
Paprika Powder	1 cont	10 yrs	seasonings	S&F
Parsley - fresh	5 bunches	1 wk	chutney, over veggies	Staters
Peanut Butter	4 jars	12 mo	lunches, sauce, cookies	Wal-Mart
Pears - fresh	10 lbs	2 wk	sides, snacks	Staters
Pectin	2 jars	1 yr	for jams, canning fruit	Wal-Mart
Pepper - fine ground	3 cont	10 yrs	many	S&F
Picante Sauce	16 jars	1 yr	sauces	Staters
Pineapple - fresh	5	2 wk	sides, snacks	Staters
Pizza Sauce	8 jars	1 yr	dinner, lunches	Staters
Plums - fresh red	10 lbs	2 wk	sides, snacks	Staters
Pomegranate	10	1 mo	salads, snacks, sauces	Grown
Popcorn - Micro Bags	12 boxes	1 yr	snacks	Staters
Popcorn - whole kernels	3 lbs	2 yrs	snacks	S&F
Poppy seeds	1 jar	1 yr	salads, muffins	Staters
Pork Tenderloin	50 lbs	6 mo	entrees	Staters
Potatoes - Instant	3 bags	1 yr	sides, soft foods	LDS
Potatoes - Red	20 lbs	2 wks	many	Staters
Potatoes - Russet	50 lbs	1 mo	many	Staters
Prime Rib	2 roasts	6 mo	dinner	Albertsons
Prosciutto	5 pkg	2 mo	pinwheels, wraps, app.	Albertsons
Pudding	3 boxes	3 mo	snacks, dessert, soft	Staters
Puff Pastry	3 boxes	1 yr	desserts, appetizers	Staters
Pumpkin - canned	3 cans	2 yr	pies, squash casseroles	Staters

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Radishes	5 bunches	2 wk	salads, veggie tray	Staters
Raisins - regular/golden	4 boxes	1 yr	snacks, salads, sauté	Wal-Mart
Ranch dip - powdered	2 cont	1 yr	dips, potatoes, cr ch	S&F
Red pepper flakes	1 jar	indef	spicy veggies, stir fry	Staters
Relish - dill pickle	3 jars	2 yrs	cond., hot dogs, tuna	Staters
Ribs - pork	6 racks	6 mo	dinner	Staters
Rice - brown	5 pkg	8 mo	sides	Staters
Rice - white	100 lbs	5 yrs	sides	LDS
Rhubarb	1 bunch	1 wk	pies	Staters
Rotel - tomatoes & chilies	10 cans	8 mo	dump stew	Staters
Roast - round, chuck, pot	4	6 mo	main dishes	Staters
Sage Powder	3 cont	10 yrs	seasoning	Staters
Salt - truffle, sea, table	15 lbs	indef	many	several
Sausage	5 lbs.	1 yr	many	Staters
Sesame seeds	1 jar	1 yr	salads, stir fries	Staters
Shortening	2 cans	10 yrs	many	Staters
Snap peas	5 pkg	1 wk	snacks	Staters
Spam	8 cans	4 yr	dinner, lunches	Staters
Spinach - fresh	10 bunches	3 days	sides, salads, dip	Staters
Squash - yellow	10	2 wks	grilled, sides, fried	Staters
Sour Cream	24 cont.	3 mo	many	Staters
Soy Sauce	4 bottles	indef.	seasoning	Staters
Sprouts - bean & alpha	10 cont	4 days	sandwiches, stir fry, etc.	Staters
Steak - New York,	24	1 yr	grilled	Staters
Sweet Garlic Chili Sauce	2 bottles	1 yr	lumpia, pork fried rice	Staters
Sweet Potatoes	15	2 wks	sides, stews, grilled	Staters
Sweet Potatoes - canned	4 cans	2 yrs	sweet potato casserole	Staters
Sugar - baker's	1 box	indef.	crème brulee	Staters
Sugar - brown	6 lbs	2 yr	many	Staters
Sugar - powdered	10 lbs	indef.	desserts	Staters
Sugar - sub - Truvia	2 boxes	indef.	sweetener	Costco
Sugar - white	40 lbs.	10 yrs	many	LDS
Syrup - pancake	3 bottles	1 yr	breakfast	Staters
Tomatoes - fresh	96	2 wk	many	Staters
Tomato paste	35 cans	1 yr	many	Staters
Tomato sauce	77 cans	1 yr	many	Staters
Tomatoes - whole	8 cans	1 yr	many	Staters
Top Ramen	40 pkg	4 yrs	lunches, soft foods	Staters

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Tortillas - Corn	20 pkg	2 wks	many	Staters
Tortillas - Flour	20 pkg	2 wks	many	Staters
Tri -tip	4 roasts	1 yr	dinner, lunches	Staters
Tuna - packaged	16 pkg	5 yrs	lunches, camping	Staters
Turkey - ground	7 lbs	6 mo	dinner, lunches	Staters
Turkey - whole	2 birds	1 yr	dinner, lunches	Staters
Thyme	1 jar	indef	many	Staters
Vanilla	2 bottles	4 yrs	many	Costco
Vinegar - white, rice, red	1 bottle	2 yrs	sauces, salads,cleanser	Costco
Water chestnuts	1 can	5 yr	stir frys, dips	Staters
Watermelon	20 melons	2 wk	snacks, sides, breakfast	Staters
Whipping Cream	8 pints	1 mo	desserts	Staters
Worcestershire Sauce	2 bottles	indef.	meat flavoring, sauces	Costco
Wrappers - egg, lumpia, won	10 pkg	2 wk	egg rolls, lumpia, won ton	several
Yeast	4 jars	2 yrs	leavening agent	Staters
Yogurt	20 cont	1 wk	breakfast, snack, soft	Staters
Yosida's Teriyaki Sauce	6 bottles	2 yr	sauces, tri tip,pork kabobs	Staters
Zucchini	15	2 wk	sides, pastas, bread	Staters

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