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Every great food storage program begins with a great foundation of basic foods. Why? Because these foods are the foundation of great meals; they provide over 2,200 calories per day; they take up very little space (can fit under a twin sized bed); store for 30 years and all for a cost of only **\$12 per week!** The chart below shows how you can build a basic year supply for one person for around \$48 a month (about the cost of a dinner for two) when you purchase items from a Home Storage Center (formally the LDS Dry Pack Cannery). Purchasing your basic items from the Home Storage Center can save you up to \$1,000 over other food storage retailers. When you check these off your list, add: 8 lbs. salt (iodized or sea salt) • 2 lbs. baking soda and baking powder • 4 gallons oil (vegetable, canola, olive, shortening) • 2 lbs. yeast. Then it's time to add some variety: fruits, veggies, meat, cheese, eggs, etc.

JANUARY	1 Black Beans, 2 Macaroni, 1 White Rice, 4 Spaghetti Bites, 1 Sugar, 3 White Wheat	\$54
FEBRUARY	1 Pinto Beans, 1 White Beans, 2 Quick Oats, 1 Spaghetti Bites, 2 Rice, 1 Sugar, 2 White Wheat	\$47
MARCH	1 White Beans, 2 Milk, 2 Quick Oats 2 Rice, 1 Sugar, 3 Red Wheat	\$48
APRIL	1 Black Beans, 2 Macaroni, 1 Regular Oats, 2 Rice, 1 Spaghetti Bites, 1 Sugar, 2 White Wheat	\$47
MAY	1 Pinto Beans, 2 Milk, 2 Quick Oats, 2 Rice, 1 Sugar, 3 White Wheat	\$49
JUNE	1 White Beans, 2 Milk, 2 Regular Oats, 2 Rice, 1 Sugar, 3 White Wheat	\$50
JULY	1 Black Beans, 3 Macaroni, 1 Rice, 3 Spaghetti Bites, 1 Sugar, 3 Red Wheat	\$54
AUGUST	1 Pinto Beans, 3 Milk, 2 Quick Oats, 1 Rice, 5 White Wheat	\$50
SEPTEMBER	1 Pinto Beans, 3 Regular Oats, 2 Rice, 1 Sugar, 4 White Wheat	\$48
OCTOBER	2 Pinto Beans, 2 Macaroni, 3 Quick Oats, 1 Rice, 3 White Wheat	\$48
NOVEMBER	3 Milk, 1 Quick Oats, 2 Rice, 2 Sugar, 3 White Wheat	\$49
DECEMBER	1 Apple, 1 Carrot, 1 Onion, 1 Potato Flakes, 2 Berry Drinks	\$43

Prices are subject to change. These include box (if less than 11 cans) and 2 lids. Sales and local taxes will change pricing. **TOTAL: \$587**

THESE PRICES ARE BASED ON BUYING DIRECTLY FROM A HOME STORAGE CENTER. IF YOU NEED TO ORDER ONLINE, PLAN ON PURCHASING THE FOLLOWING CASES OF FOOD FOR A BASIC YEAR SUPPLY:

Milk-1; Beans-2 (pinto/black/white), Oats-3 (regular/quick); Pasta-3 (macaroni/spaghetti);
Sugar-2; Rice-3; Wheat-6 (white/red); and Apples-1.

Online prices will be about \$130 higher than at HSC because they include shipping costs. Prices as of 1/1/2019