

PANTRY STORAGE CHECKLIST

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Print. Fill in your household size and targets. Check off as you build.

Household size: _____ adults _____ children _____ infants	Target: <input type="checkbox"/> 1 Year <input type="checkbox"/> 5 Years <input type="checkbox"/> Ongoing
Storage location: _____	Last full audit: ___ / ___ / _____

HOW TO USE THIS CHECKLIST: Fill in target quantities for your household (use the scaling guide in the Storage Blueprint post). Check when purchased. Write the pack date in the date column. Re-check at each annual audit. **FIFO always** — oldest stock forward, newest to the back.

QUICK SCALING REFERENCE — 1 person / 1 year baseline. Multiply as needed.

	1 Person / 1 Yr	2 Adults / 1 Yr	Family of 4 / 1 Yr	1 Person / 5 Yr	Family of 4 / 5 Yr
White Rice	200 lbs	400 lbs	700 lbs	1,000 lbs	3,500 lbs
Wheat Berries	100 lbs	200 lbs	350 lbs	500 lbs	1,750 lbs
Rolled Oats	50 lbs	100 lbs	175 lbs	250 lbs	875 lbs
Dried Lentils	50 lbs	100 lbs	175 lbs	250 lbs	875 lbs
Dried Beans	50 lbs	100 lbs	175 lbs	250 lbs	875 lbs
Salt (non-iodized)	25 lbs	50 lbs	90 lbs	125 lbs	450 lbs
Water (min survival)	365 gal	730 gal	1,460 gal	1,825 gal	7,300 gal

Water note: Full-year water storage is not realistic for most households. Store 30-90 days (1 person = 30-90 gallons minimum). Filter and collect the rest. See Gravity Water Filter and Rain Barrel System in DIY Schematics.

PANTRY CHECKLIST — TIER BY TIER

■	ITEM	TARGET QTY (1 person/yr)	HAVE	NEED	DATE PACKED	SHELF LIFE
WATER						
■	Stored water (food-grade barrels/containers)	30-90 gal min				<i>Rotate every 6-12 mo</i>
■	55-gallon food-grade water barrels	2+ barrels				<i>Indefinite if treated</i>
■	Gravity water filter (Berkey or equiv.)	1 unit				<i>Filters: replace per mfg</i>
■	Water treatment (unscented bleach 8.25%)	1 gallon				<i>Check date — replace yearly</i>
■	Rain collection barrel (DIY or purchased)	1+ barrels				<i>Ongoing collection</i>
TIER 1 — GRAINS & LEGUMES (Caloric Foundation)						
■	White rice	200 lbs				<i>25-30 years sealed</i>
■	Hard red or white wheat berries	100 lbs				<i>25-30 years sealed</i>
■	All-purpose white flour	50 lbs				<i>5-10 years sealed</i>
■	Rolled oats	50 lbs				<i>20-30 years sealed</i>
■	Dried lentils	50 lbs				<i>25+ years sealed</i>
■	Dried pinto or black beans	50 lbs				<i>25+ years sealed</i>
■	Dried split peas	25 lbs				<i>25+ years sealed</i>
■	Dried chickpeas	25 lbs				<i>25+ years sealed</i>
■	Cornmeal	25 lbs				<i>5-10 years sealed</i>
■	Dried pasta	25 lbs				<i>5-8 years sealed</i>
■	Quinoa	10 lbs				<i>2-3 years sealed</i>
TIER 2 — FATS & OILS (Most Under-Stocked Category)						
■	Refined coconut oil	12 lbs (~6 qt jars)				<i>2-5 years</i>
■	Lard or rendered tallow	10 lbs				<i>1-2 yr room temp; longer cold</i>
■	Ghee	5 lbs				<i>1-2 years room temp</i>
■	Peanut butter (sealed jars)	24 lbs (~12 jars)				<i>1-2 years; rotate</i>
■	Olive oil (dark glass bottles)	2 gallons				<i>1-2 years</i>
TIER 3 — PRESERVED PROTEINS						
■	Canned fish (sardines, salmon, tuna)	96 cans (8 cases)				<i>3-5 years</i>
■	Canned chicken or turkey	48 cans				<i>3-5 years</i>
■	Dried jerky (home processed)	20 lbs				<i>1-2 mo RT; 1 yr vacuum sealed</i>
■	Canned corned beef or SPAM	24 cans				<i>3-5 years</i>
■	Powdered whole eggs	10 lbs				<i>5-10 years sealed</i>
■	Water-glassed eggs (fresh, unwashed, in lime solution)	As many as hens produce				<i>12-18 months submerged</i>

■	Pickling lime / hydrated lime (for water glassing)	5 lbs per 5-gal crock				<i>Indefinite dry</i>
■	Powdered whole milk	20 lbs				<i>2-10 years depending on pkg</i>

TIER 4 — SALT, SWEETENERS & LEAVENING

■	Non-iodized salt (kosher or canning)	25 lbs				<i>Indefinite</i>
■	Granulated white sugar	50 lbs				<i>Indefinite sealed</i>
■	Powdered sugar	10 lbs				<i>2+ years sealed</i>
■	Raw honey (sealed glass jars)	12 lbs (~6 jars)				<i>Indefinite</i>
■	Baking soda	10 lbs				<i>2-3 yr active; indefinite cleaning</i>
■	Baking powder	5 lbs				<i>1-2 years</i>
■	Active dry yeast	2 lbs				<i>2 yr RT; 4+ yr frozen</i>
■	Apple cider vinegar	2 gallons				<i>5+ years</i>
■	White vinegar	2 gallons				<i>Indefinite</i>
■	Maple syrup or molasses	4 lbs				<i>2-4 years sealed</i>
■	Dark chocolate (70%+)	5 lbs				<i>2-3 years</i>
■	Coffee (vacuum-sealed whole bean or ground)	10 lbs				<i>2-5 yr sealed; longer frozen</i>
■	Tea (black, green, herbal — sealed)	2 lbs assorted				<i>2-3 years</i>
■	Hard candy / lemon drops	3 lbs				<i>1-2 years</i>

TIER 5 — HERBS, SPICES & MEDICINALS

■	Black pepper, garlic/onion powder, cumin	Bulk — full spice shelf				<i>1-3 years peak</i>
■	Chili powder, paprika, turmeric, oregano	Bulk				<i>1-3 years peak</i>
■	Thyme, rosemary, bay leaves, cinnamon	Bulk				<i>1-3 years peak</i>
■	Elderberry (dried, for syrup)	1 lb				<i>1 year medicinal potency</i>
■	Yarrow (dried aerial)	4 oz				<i>1 year medicinal potency</i>
■	Plantain broadleaf (dried)	4 oz				<i>1 year medicinal potency</i>
■	Calendula (dried flower)	4 oz				<i>1 year medicinal potency</i>
■	Ginger (dried root powder)	8 oz				<i>1-2 years</i>
■	Garlic (dried / powder)	2 lbs				<i>1-3 years</i>
■	Peppermint (dried leaf)	4 oz				<i>1-2 years</i>
■	Chamomile (dried flower)	4 oz				<i>1-2 years</i>
■	Echinacea (dried root or tincture)	4 oz dry / 8 oz tincture				<i>3-5 yr tincture</i>
■	Valerian or Passionflower	4 oz dry / tincture				<i>3-5 yr tincture</i>
■	St. John's Wort (tincture)	8 oz				<i>3-5 years</i>
■	Comfrey (dried root, external only)	4 oz				<i>1-2 years</i>

TIER 6 — VITAMINS & ESSENTIAL SUPPLEMENTS

■	Vitamin C (ascorbic acid powder or tabs)	365 doses				2-3 years
■	Vitamin D3	365 doses				2-3 years
■	B complex (including B12)	365 doses				2-3 years
■	Magnesium (glycinate or citrate)	365 doses				2-3 years
■	Zinc	180 doses (cycle, not daily)				3+ years
■	Multivitamin	365 doses				2-3 years
■	Electrolyte powder	180 doses				2-3 years
■	Children's vitamin D (if applicable)	365 doses				Per label
■	Children's multivitamin (if applicable)	365 doses				Per label
■	Iron (menstruating individuals)	As appropriate				Per label
■	Prescription medications (90-day supply)	Per household need				Per prescription

INFANT (if applicable — rotate every 6 months)

■	Powdered infant formula	~60 cans / 6-mo rotation				12-18 months; rotate strictly
■	Manual food mill or hand blender	1 unit				Equipment — no expiry
■	Infant vitamin D drops	365 doses				Per label

TIER 7 — FERMENTED & PRESERVED (Ongoing Production)

■	Salt for fermentation (additional supply)	+10-25 lbs if fermenting volume				Indefinite
■	Wide-mouth mason jars (quart + half-gallon)	24+ quart, 12+ half-gallon				Equipment
■	Fermentation weights or brine bags	6-12 units				Equipment
■	Sauerkraut / fermented vegetables (active crocks)	Ongoing — 1+ crocks active				3-12 mo cold storage
■	Homemade vinegar (ongoing production)	Ongoing batches				5+ years once made
■	Home-canned goods (rotating seasonal stock)	Ongoing from garden/forage				1-5 years per product
■	Dehydrated herbs, veg, fruit, jerky (seasonal)	Ongoing production				6 mo - 3 years

Medicinal herb quantities are per-person per-year for basic household use. Tincture shelf life 3-5 years. Replace dried herbs annually for therapeutic applications. See Flora Archive and Herbal Remedies at kanafia.com for preparation guides.

STORAGE EQUIPMENT & SOURCING

■ 5-gallon food-grade buckets (with lids)	10-12 per person per year tier 1	■ Fermentation crock or wide-mouth jars	For sauerkraut, pickles, garlic
■ Mylar bags — 5 mil, 5-gallon size	1 per bucket	■ Fermentation weights	6-12 units
■ Oxygen absorbers — 300cc for 5-gal	1-2 per bucket	■ Airlock lids (mason jar compatible)	Optional but useful
■ Wide-mouth mason jars — quart	24+ per household	■ Grain mill (hand-crank)	Essential if storing wheat berries
■ Wide-mouth mason jars — half-gallon	12+ per household	■ Dutch oven or cast iron cookware	For cooking without power
■ Vacuum sealer + bags	For jerky, long-term nuts, cheese	■ Rocket stove or camp stove + fuel	See DIY Schematics
■ 55-gallon food-grade water barrels	2 minimum; 4+ ideal	■ Headlamp + extra batteries	For root cellar / basement access
■ Hand pump for water barrels	1 per setup	■ Food-safe sharpie + masking tape	Label everything — no exceptions
■ Gravity water filter (Berkey or equiv.)	1 per household	■ Thermometer (for fermentation)	Ambient temp monitoring
■ Manual can opener (2 minimum)	Redundancy matters	■ Kitchen scale (for salt ratios)	2% salt by weight for lacto-ferment

WHERE TO SOURCE

WHAT	RURAL / SMALL TOWN	URBAN / SUBURBAN	ONLINE (ALL)
Bulk grains & legumes	Feed stores, grain elevators, Amish bulk food stores, local co-ops	Costco/Sam's, restaurant supply, ethnic grocery stores (Asian, Indian, Latin)	Azure Standard (co-op drops), LDS Home Storage Centers (open to public, best pricing), Honeyville
Fats & oils	Render your own lard (butcher shops, ethnic grocery for leaf fat), local dairy for ghee	Indian grocery (ghee bulk), Latin grocery (lard bulk), Costco (coconut oil, olive oil)	Azure Standard, restaurant supply online, 5-gal coconut oil bulk suppliers
Canned proteins	Walmart, case lot sales at regional grocery chains (Kroger, Albertsons — 1-2x/year)	Costco/Sam's (case pricing), restaurant supply	Walmart.com, Amazon Subscribe & Save for staple cans
Medicinal herbs	Grow your own (yarrow, calendula, echinacea grow most climates), local apothecary	Local herb farms, natural food co-ops, farmers markets	Mountain Rose Herbs (gold standard), Starwest Botanicals — both bulk by the lb
Storage equipment (buckets, mylar, O2 absorbers)	Home Depot / Lowe's buckets; ask bakery dept for used food-grade \$1-2 each	Restaurant supply (buckets, jars, case pricing)	Mylar bags + O2 absorbers: PackFreshUSA, Discount Mylar Bags — buy 50-100 at a time
Water barrels	Tractor Supply, Rural King, local farm supply	Emergency Essentials, local feed/farm supply	Craigslist/FB Marketplace for used food-grade barrels (verify food-grade only)

ANNUAL AUDIT LOG

AUDIT DATE	CONDUCTED BY	ITEMS EXPIRED / ROTATED	GAPS IDENTIFIED	NEXT ACTIONS

Full Storage Blueprint with quantities, costs, rotation system, and sourcing detail: knf7.com / Field Rations / The Storage Blueprint | Medicinal herb preparation guides: kanafia.com / Herbalism Archive | Root Cellar Build and DIY water systems: knf7.com / DIY Schematics