

The Survival Mom

A Famine Menu

NOTE: I am not the original author of this menu and have been unable to track down the name of the original author.

Per Day for One Person

3 slices of whole wheat bread (lunch and dinner)
1 pot of [oatmeal](#) (breakfast, vary with spices and fruit from the orchard or dehydrated or nuts)
1 pot of rice (dinner)
1 pot of beans (dinner, vary with spices and vegetables from the garden)
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 (From leftovers and [Soup for A Year](#))
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
Rolled Oats: 24 lbs, 48 lbs, 72 lbs, 96 lbs
[Rice](#): 60 lbs, 120 lbs, 180 lbs, 240 lbs
Dry Beans: 60 lbs, 120 lbs, 180 lbs, 240 lbs
Spaghetti Pasta; 60 lbs, 120 lbs, 180 lbs, 240 lbs
Powdered Milk: 16 lbs (kids 32 lbs), 32 lbs, 48 lbs, 64 lbs
Potato Flakes: 18 lbs, 36 lbs, 54 lbs, 72 lbs
Refried Beans: 24 lbs, 48 lbs, 72 lbs, 96 lbs
White Flour: 48 lbs, 96 lbs, 144 lbs, 192 lbs
Honey: 18 lbs (see [Bread for a Year](#)), 36 lbs, 57 lbs, 57 lbs
Granulated Sugar: 40 lbs, 80 lbs, 120 lbs, 160 lbs
[Oil](#): 9 Qts (See [Bread for a Year](#)), 18 Qts, 18 Qts, 18 Qts
Yeast: (See [Bread for a Year](#)) 2 lbs, 4 lbs, 8 lbs, 8 lbs
Sprouting Seeds (Wheat, beans, seeds), 40 lbs, 80 lbs, 120 lbs, 160 lbs

Peanut Butter: 17 lbs, 34 lbs, 52-16 oz, 52-16 oz jars
Fruit Jam: 52 Pints
Spaghetti Sauce: 52 Quarts
Canned Hamburger or meat: 52 pints
Popcorn: #10 cans, 6
Multi-Vitamins: 365, 730, 1095, 1460
Spices
Salt: 8 lbs (See [Bread for a Year](#))