

# Gluten-Free Basic Food Storage Plan for One Year

By **Against the Grain** in Taylorsville, Utah

To replace the grain requirement of 400 pounds for adults, 200 (50%) for children 3 and under (nursing babies share in their mother's portion), 280 pounds (70%) for children 4-6, 360 pounds (90%) for children 7-10, and 400 pounds (same as adults) for children 11 and up, we suggest the following:

**Grains:** 300-400 lbs for an adult, suggested breakdown below:

**Long grain white Rice:** 100 pounds

**Gluten-Free Oats:** 50 pounds (Make sure they are certified gluten free.)

**Garbanzo beans:** 50 pounds (can be ground into bean flour)

**Long grain Brown Rice:** 50 pounds (Can be ground into flour, but must be rotated- I recommend freezing this and rotation it often)

**Short grain white Rice:** 25 pounds (can be ground to make sweet rice flour)

**Popcorn:** 25 pounds (can be ground into corn meal or corn flour)

**Buckwheat Groats:** 25 pounds, or Amaranth: 25 pounds, or Millet: 25 Pounds (each can be ground into flour for use in a flour blend)

**Gluten-free Pasta:** 25 pounds

In addition to the above, you'll need:

**Legumes** (dry beans, peas, lentils) : 60 pounds

**Powdered milk** (or Darifree for non-dairy) : 16 pounds

**Sugar/Honey** : 60 pounds

**cooking oil** : 10 quarts

**salt** : 8 pounds

**water** : 14 gallons per person regardless of age

For each additional family member, the breakdown amount is included above any age.

As with wheat storage, you will need to grind your own flour to make flour. (Flours do not keep well. Thus it is better to grind your own.) I would also suggest that you store cornstarch, tapioca starch or potato starch that you keep rotated. Bugs do not seem to get into the starches like they get into flour products. The goal is to have those items in your food storage that will allow you to make your flour blends. Please also store 2 pounds of xanthan gum or guar gum.

Food storage Gluten free flour blends:

**Rice flour blend:**

6 cups rice flour

2 cups potato STARCH

1 cup tapioca starch

**Bean flour blend:**

2 cups bean flour (pinto, garbanzo, navy)

2 cups tapioca starch

2 cups rice flour