

Alicia's Long Term Food Storage INVENTORY TRACKER

Ingredient	Measurement	HAVE on hand	1 month total	12 month total	NEED to purchase
1EXAMPLE	LBS	25	18	216	191
2EXAMPLE	OZ	43	6	72	29
3EXAMPLE	PINTS	25	18	216	191
4EXAMPLE	QUARTS	24	5	60	36
Breakfast brown sugar		1	0	0	-1
Breakfast canned dak ham		1	0	0	-1
Breakfast canned fruit medley		1	0	0	-1
Breakfast cinnamon sticks		1	0	0	-1
Breakfast complete pancake mix		1	0	0	-1
Breakfast corned beef canned/store bought hash		1	0	0	-1
Breakfast dehydrated apple slices		1	0	0	-1
Breakfast dehydrated egg powder		1	0	0	-1
Breakfast home canned sausage crumbles		1	0	0	-1
Breakfast home canned syrup (variety)		1	0	0	-1
Breakfast homemade toast		1	0	0	-1
Breakfast honey/honey powder		1	0	0	-1
Breakfast plain cheerios in mylar		1	0	0	-1
Breakfast plain chex in mylar		1	0	0	-1
Breakfast plain cornflakes in mylar		1	0	0	-1
Breakfast plain oatmeal		1	0	0	-1
Breakfast white sugar		1	0	0	-1
Dinner canned chicken or beef or pork		1	0	0	-1
Dinner canned soups and stews		1	0	0	-1
Dinner canned tomato sauce		1	0	0	-1
Dinner canned vegetables		1	0	0	-1
Dinner dehydrated potato slices/shreds		1	0	0	-1
Dinner dry beans assorted		1	0	0	-1
Dinner dry soup mix, assorted		1	0	0	-1
Dinner homemade bread		1	0	0	-1
Dinner pasta		1	0	0	-1
Dinner plain stuffing mix dry in mylar		1	0	0	-1
Dinner potato flakes/pearls		1	0	0	-1
Dinner tomato powder		1	0	0	-1
Dinner white rice		1	0	0	-1
Lunch assorted dry beans		1	0	0	-1
Lunch assorted sauces/gravies		1	0	0	-1
Lunch assorted spice mixes		1	0	0	-1
Lunch canned chili		1	0	0	-1
Lunch canned or pouch chicken		1	0	0	-1
Lunch canned or pouch tuna/chicken		1	0	0	-1
Lunch canned or powdered applesauce		1	0	0	-1
Lunch cheddar cheese, waxed		1	0	0	-1
Lunch dak canned ham		1	0	0	-1
Lunch dehydrated bananas		1	0	0	-1
Lunch homemade bread		1	0	0	-1
Lunch homemade jams		1	0	0	-1
Lunch homemade tortillas		1	0	0	-1
Lunch peanut butter/peanut butter powder		1	0	0	-1
Lunch white rice		1	0	0	-1
Other assorted spices		1	0	0	-1
Other baking soda/powder		1	0	0	-1
Other butter powder, sour cream powder		1	0	0	-1
Other buttermilk powder		1	0	0	-1
Other condiments		1	0	0	-1
Other dough conditioner		1	0	0	-1
Other drink mixes		1	0	0	-1
Other dry milk		1	0	0	-1
Other evaporated/condensed milk		1	0	0	-1
Other pepper		1	0	0	-1

