

Three-Month Food Storage Plan

A COMPANION TO *FROM SEED TO TABLE*



DIANE DEVEREAUX

THREE-MONTH

Food Storage Plan

I created this three-month food storage plan to serve as a practical companion to my book, *From Seed to Table*. Whether you're preparing for seasonal changes, economic uncertainty, or simply want greater food security and peace of mind, this guide will help you preserve and store enough food to nourish your household for three months.

Inside this planner, you'll find:

- weekly serving recommendations by food group
- calculated three-month supply amounts in cups and pounds
- breakdowns by preservation method: canned, dehydrated, freeze-dried, frozen, and dry-stored
- recommended container types and quantities (e.g., quart jars, Mylar bags, #10 cans)

Each chart has been completed for you—taking the guesswork out of the equation and giving you practical serving sizes and storage volumes—so you can focus on building your food supply with confidence.

Why a Six-Person Household?

This plan is intentionally designed for a six-person household, rather than the typical four. In times of crisis or transition, families often expand. Grandparents, adult children, or neighbors may come under your roof. This guide provides the margin you need to feed everyone—and perhaps even help someone else in need.

If your household is smaller or larger, don't worry. Use the scaling instructions below to adjust.

How to Use and Scale Your Food Storage Plan

Each food group shows the **required three-month supply** for six people. To adjust the plan for your household size, use the chart below. Feel free to round up as needed—having a little extra on reserve is always wise.

Your Household Size	Multiply Chart Values By
2 people	× 0.33
4 people	× 0.67
8 people	× 1.33
10 people	× 1.67

How to Read the Chart

Each row in the chart represents a specific food item and includes:

- the recommended serving size (in cups or pounds)
- the recommended servings per person per week
- the total amount needed to sustain six people for three months (shown in both cups and pounds)

You'll also see the suggested preservation method (canning, freezing, dehydrating, freeze-drying, or dry storing), the recommended container type (quarts, pints, plastic tubs, Mylar bags, or jars) and the number of containers required.

For flexibility, some preservation methods are labeled with "or," which means you don't need to choose just one. You can divide the supply between methods based on your family's preferences, available equipment, storage space, time, and budget. Whether you prefer to can, freeze, or spread across multiple techniques, the chart is designed to support your unique situation.

Heritage Food Crafts

A special section highlights artisan food preservation, such as:

- vanilla extract
- herbal tinctures and vinegars
- rendered fats like bacon grease and tallow
- spices, cheeses, and shelf-stable milk

Because these homemade food crafts are not typically canned, dried or frozen, I've included suggested container types and storage sizes (e.g., 4 oz dropper bottles, 8 oz wedges, half-pint jars). The amounts reflect a three-month supply and offer ideas for incorporating these preserved items into daily life.

Special Note on Eggs

You'll notice two separate rows for eggs:

- **Water-glassed eggs:** stored whole in half-gallon jars using a lime-water solution, preserved uncracked for up to a year.
- **Dehydrated or freeze-dried eggs:** scrambled, dried, measured in cups of powdered eggs and, stored in Mylar bags or jars.

These rows are not cumulative. They represent different preservation options—you may choose one or both, depending on your tools, comfort level, and storage space.

Whole Foods Types

Whole Food Types	Rec. Serving Size in Cups	Rec. Serving Size in Pounds	Rec. Weekly Servings	Household Weekly Servings	Total Required in Cups	Total Required in Pounds	3-MO Supply Required in Cups	3-MO Supply Required in Pounds	Amount: Quarts Canned	Amount: Pints Canned	Amount: Dehy-dated in Cups	Amount: Freeze Dried in Cups	Amount: Dried Stored in Cups	Amount: Frozen in Pounds
PROTEIN	½ C	.25	14	96	48	24	576	288	144	288	288	288	288	288
VEGGIES	1 C	.5	21	126	126	63	1512	756	378	756	756	756	756	756
FRUITS	1 C	.5	21	126	126	63	1512	756	378	756	756	756	756	756
GRAINS	1 C	.5	14	84	48	42	1008	504	252	504	504	504	504	504
DAIRY	1 C	.5	7	42	42	21	504	252	126	252	252	252	252	252
FATS & OILS	2 tbsp	.13	7	42	5.25	5.46	63	65.52	16	32	31.5	31.5	31.5	65.52

Dried Goods

Dried Goods	Rec. Serving Size Cups	Rec. Serving Size Pounds	Rec. Weekly Servings	Household Weekly Servings	Total Required Cups	Total Required Pounds	3-MO Supply Cups	3-MO Supply Pounds
FLOUR	1 C	.28	7	42	42	12	504	141
SUGAR (WHITE)	¼ C	.125	7	42	10.5	5.25	126	63
BROWN SUGAR	¼ C	.125	3	18	4.5	2.25	54	27
SALT	1 tbsps	.06	2	12	.75	.72	9	9
OATS (ROLLED)	1 C	.32	5	30	30	10	360	115
DRY BEANS	½ C	.25	3	18	9	4.5	108	54
RICE	1 C	.33	4	24	24	8	288	95
BAKNG SODA	1 tsp	.0063	2	12	.25	.08	3	2
BAKING POWDER	1 tsp	.0063	2	12	.25	.08	3	2

Dried Goods Pt.2

Dried Goods	Rec. Serving Size Cups	Rec. Serving Size Pounds	Rec. Weekly Servings	Household Weekly Servings	Total Required Cups	Total Required Pounds	3-MO Supply Cups	3-MO Supply Pounds
DRY ACTIVE YEAST	1 tbsp	.0313	2	12	.75	.38	9	4.5
RAISINS	¼ C	.125	3	18	4.5	2.25	54	27
DRIED CRANBERRIES	¼ C	.125	2	12	3	1.5	36	18
DRIED APPLES	½ C	.25	2	12	6	3	72	36
ALMONDS	¼ C	.125	2	12	3	1.5	36	18
WALNUTS	¼ C	.125	2	12	3	1.5	36	18
SUNFLOWER SEEDS	¼ C	.125	2	12	3	1.5	36	18
PUMPKIN SEEDS	¼ C	.125	2	12	3	1.5	36	18
SHREDED COCONUT (UNSWEETENED)	¼ C	.125	2	12	3	1.5	36	18

Heritage Food Crafts

Heritage Food Crafts	Rec. Serving Size in Cups	Rec. Serving Size in Pounds	Rec. Weekly Servings	Household Weekly Servings	Total Required in Cups	Total Required in Pounds	3-MO Supply in Cups	3-MO Supply in Pounds	Suggested Container Type	# of Containers	Amount Dehydrated in Cups	Amount Freeze Dried in Cups	Amount Dried Stored in Cups	Amount Frozen in Pounds
VANILLA BEAN EXTRACT	1 tsp	.0125	3	18	.5	.25	4.5	3	4 oz Bottle	9				
HARD CHEESE	1 oz	.0625	7	42	5.25	3	63	31.5	8 oz Vacuum-sealed Wedge	36	63	63		31.5
SOFT CHEESE	2 oz	.125	3	18	4.5	2.25	54	27	16 oz Plastic Tub	27		54		27
BUTTER	1 tbsp	.0625	7	42	3	3	31.5	31.5	Half-pint Jar	32				31.5
GHEE	1 tbsp	.0625	3	18	1.25	1.25	13.5	13.5	Half-pint Jar	14				13.5
MILK (POWDERED OR SHELF-STABLE)	1 C	.5	7	42	42	21	504	252	Quart Jar or #10 Can	126	504	504	504	
HERBAL TINCTURES	1 tbsp	.0156	2	12	.75	.25	9	2.25	4 oz Dropper Bottle	18				

Heritage Food Crafts Pt.2

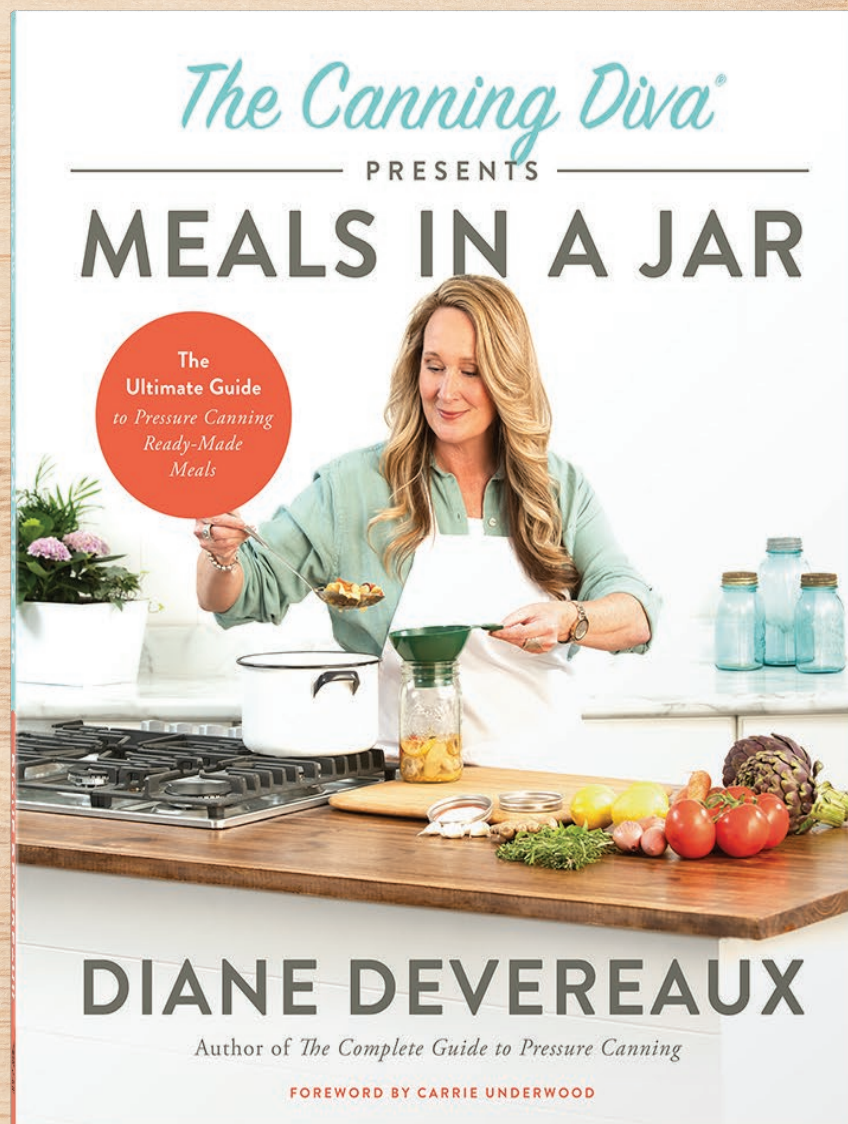
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VINEGAR (APPLE CIDER, BALSAMIC)	2 tbsp	.0313	3	18	2.25	.75	27	7	Quart Jar or Glass Bottle	7				
EGGS (WATER GLASSED)	2 eggs	.11	7	42	21	5	252	55	Half-gallon Jar	28-34				
EGGS (DEHYDRATED & FREEZE DRIED)	2 eggs	.11	3	18	9	2	108	24	Mylar Bag/ Jar	9	108	108		
BACON GREASE	1 tbsp	.0625	3	18	1.25	1.25	13.5	13.5	Half-pint Jar	14				13.5
TALLOW / LARD	1 tbsp	.0625	3	18	1.25	1.25	13.5	13.5	Half-pint Jar	14				13.5
COMMON DRIED HERBS & SPICES	1 tsp	.0063	7	42	1	.33	3.25	3.25	4 oz Jelly Jar	21			10.5	

Thanks for preordering my new book *From Seed to Table* and downloading the three-month food storage plan. Discover delicious, canned meals you can heat, eat, and enjoy in *The Canning Diva® Presents Meals in a Jar*.

—DIANE DEVEREAUX

CREATE DELICIOUS MEALS TO STORE AND EAT

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