

FOOD STORAGE PLANNING GUIDE

BROUGHT TO YOU BY JODI AND JULIE AT YOURTHRIVELIFE.COM

IT'S ABOUT TIME...

Up until now if you've tried to make a plan for a year supply of food, you have either come across basic (and bland) calculators, companies that sell pre-made packages that have items you may already have or don't like, or just-add-water meal packages that are typically expensive and full of preservatives and other items you don't recognize.

With this planning guide we teach you how to make a plan that will not only include your basics (foods that are typically inexpensive and have long shelf-lives) but will also give you some flexibility in adding fruits, vegetables, meats, and more food items that will round out your plan and make cooking feel a lot more "normal". Once you have your plan in place you can buy all at once or little by little on budget with the [Thrive O](#). Feel free to complete the pages based on your own family's goals whether it be 4 people for 1 year, or 2 people for 6 months adjust the numbers accordingly.

→ Page 1: The Basics (Life Sustaining and Inexpensive)

- The foods on this page come from a basic food storage calculator that contains life sustaining food items. Most of these foods have long shelf lives and are fairly inexpensive. You will need to invest some time in learning how to use some of these foods. The foods on this page will give you a little less than 2000 calories a day without much variety or flavor.

→ Page 2: Regular Foods (Fruits, Vegetables, Meats)

- Now you're ready to make foods you're accustomed to making. This page helps you determine which fruits, vegetables, and meats you can add to your food storage plan to give you a more balanced diet with more nutrition and flavor. If you add the amounts of recommended fruits, vegetables, and meats to the foods on the basics page you will have approximately 2300 calories per day.

→ Page 3: Spice of Life (The Forgotten but Important)

- This page contains a list of extra foods that are typically omitted in traditional calculators. These foods will round out your storage and allow you to add the flavor, variety, and spice to foods you typically cook on a regular basis. There are no amounts listed on this page because these foods will be different based on your families tastes and needs. The foods on this list also include desserts and snacks you may desire.

→ Page 4: Food Storage Shopping Guide (How to Get the Most Bang for Your Buck)

- On this page we show you how to go about purchasing your foods in your "need to buy" columns for the best prices. Some foods you may be able to find on your own. With the foods that are Thrive foods, we show you how to buy it from [Thrive](#) in the best way. We prefer Thrive foods for most items beyond the basics because they are of the highest quality, taste and sourcing.

"THE BASICS: Life Sustaining and Inexpensive"

Learn more at YourThriveLife.com	Amount (per adult per year)	Unit	Total needed for family	Have already stored	Need to buy
Grains (Total should be 300 lbs)					
Wheat*	150	lbs			
Flour*	25	lbs			
Corn Meal*	25	lbs			
Oats*	25	lbs			
Rice*	50	lbs			
Pasta*	25	lbs			
Fats and Oils					
Vegetable Oil	2	gal			
Peanut Butter	4	lbs			
Legumes					
Beans, dry*	30	lbs			
Sugars					
Honey	3	lbs			
Sugar*	35	lbs			
Brown Sugar*	3	lbs			
Milk/Dairy					
Powdered Milk*	50	lbs			
Powdered Eggs*	4	lbs			
Cooking Essentials					
Baking Powder*	1	lbs			
Baking Soda*	1	lbs			
Yeast*	0.5	lbs			
Salt*	5	lbs			
Vinegar	0.5	gal			

"REGULAR FOODS: Fruits, Vegetables, Meats"

Learn more at YourThriveLife.com	Total cans needed for family	Have already stored	Need to buy
Fruits (For 3 serving/day, pick a variety of 24 #10 cans per adult/year)			
Fuji Apple Slices - FD*			
Granny Smith Slices - FD*			
Applesauce*			
Apricot - FD*			
Banana Slices - FD*			
Blackberries - FD*			
Blueberries - FD*			
Sweet Cherries - FD*			
Red Seedless Grapes - FD*			
Mango - FD*			
Peach Slices - FD*			
Pears - FD*			
Pineapple Chunks - FD*			
Raspberries - FD*			
Strawberry Slices - FD*			
Whole Strawberries - FD*			
<i>TOTAL CANS</i>			
Vegetables (For 3 servings/day, pick a variety of 24 #10 cans per adult/year)			
Asparagus - FD*			
Broccoli - FD*			
Carrot Dices*			
Cauliflower- FD*			
Celery - FD*			
Sweet Corn - FD*			
Green Beans - FD*			
Mushroom Pieces - FD*			
Chopped Onions - FD*			
Green Onions - FD*			
Green Peas - FD*			
Split Green Peas*			
Green Bell Peppers - FD*			
Green Chili Peppers - FD*			
Mixed Bell Peppers*			
Red Bell Peppers - FD*			
Potato Chunks*			
Potato Dices - FD*			
Mashed Potatoes*			
Chopped Spinach - FD*			
Butternut Squash - FD*			
Tomato Dices - FD*			
Tomato Powder*			
Zucchini - FD*			
<i>TOTAL CANS</i>			
Meat (For 1/2 cup serving/day, pick a variety of 18 #10 cans per adult/year)			
Beef Dices - FD*			
Ground Beef (Hamburger) - FD*			
Roast Beef - FD*			
Chopped Chicken - FD*			
Seasoned Chicken Slices - FD*			
Sausage Crumbles - FD*			
Ham Dices - FD*			
Turkey Dices - FD*			
<i>TOTAL CANS</i>			

FOOD STORAGE SHOPPING GUIDE

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THE BASICS (LIFE SUSTAINING AND INEXPENSIVE):

- Grains and legumes can be purchased in bulk at local stores or canneries. You may find these things already packaged in buckets or sold in bags. If they are available in bags they tend to be cheaper and you can package them yourself. Make sure to use oxygen absorbers and seal them in mylar bags or buckets for optimal storage conditions.
- Baking items often go on sale at grocery stores around the holiday season. Take the opportunity to stock up during those times.
- Be careful about how you purchase and store oils and peanut butters. They tend to go rancid faster than the grains and other items on the basic calculator. Plan and rotate accordingly.

REGULAR FOODS (FRUITS, VEGETABLES, MEATS)

- We recommend purchasing freeze-dried fruits, vegetables, and meats because freeze-dried foods keep more nutrition than canned or dehydrated and they also have a longer shelf-life.
- As consultants for [Thrive Life](http://ThriveLife.com) Foods we can help you purchase the foods on your “to-buy” list at consultant pricing and save you 10-25% off of retail prices. Thrive Life offers a variety of freeze-dried foods that are great for long term storage and everyday use. There are three ways you can purchase Thrive Life foods through us:
 - 1. You can purchase freeze-dried foods from our Thrive Life store at jodiandjulie.thrivelife.com/shop. Here you can make one-time orders of any of the foods you want and get our discounted prices.
 - 2. There are a few unadvertised specials you will not find on our consultant store (see next page). These are special packages that are even more deeply discounted and can only be purchased directly through a consultant. Visit YourThriveLife.com (our blog) and you can purchase via our secure order form on the “unadvertised specials” tab.
 - 3. You can [set up a Q](#) which allows you to define a monthly budget and then Thrive will ship the foods to your door-step each month. We recommend going into your Q each month and finding what is on special that is also on your “to buy” list to ensure that you are always stocking up at the lowest prices.

SPICE OF LIFE (THE FORGOTTEN BUT IMPORTANT)

- Some of the items in this category can be purchased through Thrive on your [Q](#) or at our consultant [store](#). Purchasing through Thrive will allow you to get high quality items that have been packaged for long-term storage. Items with a * on the calculator pages are available through Thrive.
- Oftentimes you’ll see condiments and those types of items go on sale around Memorial Day, 4th of July, Labor Day, or other “barbecue-season” holidays.









THE “Q” AUTO-SHIP PROGRAM:

- Build a customized food storage plan divided into monthly shipments.
- After the first 3 months, your budget can be altered to accommodate circumstances
- The Q is designed to work automatically; monthly orders will be generated from your list.
- Of course, you always have the option to edit your plan or add new items as you see fit.
- With the Q Club you have access to the Q-PON which is an exclusive discount for one item that is deeply discounted.
- The Q Club also offers a 3% cash-back program plus other special perks for members (signing up for a \$100 Q gets you on the Q club for FREE).
- [Click here to learn more about the Q.](#)

UNADVERTISED SPECIALS:

These packages (along with a few more) are only available through us as consultants. This is the absolute cheapest way you can buy these particular items and they are only available for a limited time so grab them before they are removed from this page”. You can visit YourThriveLife.com and click on “unadvertised specials” and order through a secure order form there. Visit our site or click the image to see the specials.

VARIETY PACKS

 Deluxe Meats Variety Pack #25345 Party/O: \$284.99	 Premium Meats Essentials Pack #25344 Party/O: \$284.99	 Yogurt Variety Pack #25359 Party/O: \$162.99	 Vegetable Variety Pack (#10) #25417 Party/O: \$76.99
1 Chopped Chicken (FD) 1 Roast Beef (FD) 1 Ground Beef (Hamburger, FD) 1 Sausage Crumbles (FD) 1 Turkey Dices (FD) 1 Ham Dices (FD)	2 Chopped Chicken (FD) 2 Ground Beef (Hamburger, FD) 2 Roast Beef (FD)	1 Vanilla Yogurt Bites (FD) 1 Pomegranate Yogurt Bites (FD) 1 Blueberry Yogurt Bites (FD) 1 Strawberry Yogurt Bites (FD) 1 Cherry Yogurt Bites (FD) 1 Passionfruit Yogurt Bites (FD)	1 Carrot Dices 1 Broccoli (FD) 1 Chopped Onions (FD) 1 Sweet Corn (FD) 1 Green Peas (FD) 1 Potato Chunks
 Fruit Variety Pack (#10) #25358 Party/O: \$124.99	 Tropical Fruit Pack #25346 Party/O: \$124.99	12 PACKS	
1 Strawberry Slices (FD) 1 Raspberries (FD) 1 Blueberries (FD) 1 Blackberries (FD) 1 Peach Slices (FD) 1 Apple Slices	1 Peach Slices (FD) 1 Pineapple Chunks (FD) 1 Mangoes (FD) 1 Banana Slices (FD) 1 Pears (FD) 1 Apricots (FD)	 Roast Beef 12 Pack #25435 Party/O: \$419.99	 Ground Beef 12 Pack #25433 Party/O: \$419.99

MONTHLY SPECIALS:

- Available on our consultant store jodiandjulie.thrivelife.com/specials are monthly specials. We highly recommend taking advantage of these specials. Buy these items on one-time orders or put them on your Q. We love the bonus packs they offer each month so you can try items in pantry-size cans and start using things that you are storing in larger quantities.