

Worksheet 16.2
Calculating Amounts for the 7-Plus Basic Plan

Total population equivalent for your family: _____ (Use calculation from worksheet 16.1 on page 118)
Use your family-population-equivalent number in the calculations below.

Basic Food	Calculation	Amount	Amounts to Store
Grains	_____ x 300 =	_____ lb. grain	<i>List selected grains and amounts to store.</i>
Legumes	_____ x 60 =	_____ lb. legumes	<i>List selected legumes and amounts to store.</i>
Sugar	_____ x 65 =	_____ lb. sugar	<i>List selected sugars and amounts to store.</i>
Milk, nonfat dry	_____ x 60 =	_____ lb. milk	<i>List the total pounds of milk to store.</i>
Oil	_____ x 21 =	_____ lb. oil	<i>List selected oils and amounts to store.</i>
Salt	_____ x 10 =	_____ lb. salt	<i>List selected salts and amounts to store.</i>
Multivitamins with minerals	Multiply number of people by 365. _____ x 365 = _____ vitamins		
Yeast	Multiply number of people by 0.75 lb. _____ x 0.75 = _____ lb. of yeast		
Baking soda and Baking powder	Multiply number of people by 1.0 lb. _____ x 0.75 = _____ lb. of baking soda and baking powder		