

Worksheet 17.14
Calculating How Many Pounds of Grains and Legumes You Need per Day

Step 1	Divide the result in worksheet 17.13 by 1,500 (this is the average number of calories in a pound of grain or legumes). This will give you the number of pounds of grains and legumes needed daily for your family. _____ ÷ 1,500 = _____	_____
Step 2	Choose a ratio of pounds of grains to one pound of legumes: (4:1 or 8:1 is recommended)	_____
Step 3	Add the numbers of the ratio together: _____ + _____ = _____	_____
Step 4	Divide the result in step 1 by the result in step 3: This will equal the pounds of legumes needed daily for your family. _____ ÷ _____ = _____	_____
Step 5	Subtract the result in step 4 from the result in step 1. This will equal the number of pounds of grains needed daily for your family. _____ - _____ = _____	_____
Step 6	Multiply the pounds of legumes needed per day by 365 to determine how many pounds you need for one year _____ x 365 = _____	_____
Step 7	Multiply the pounds of grains needed per day by 365 to determine how many pounds you need for one year _____ x 365 = _____	_____

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Refer to calculation 17.7 on page 145 in Crisis Preparedness Handbook to complete this table.