

Worksheet 17.4
Determining the Amount of Fats and Oils for Your Food Storage

Step 1	List the total daily calories for family.	_____
Step 2	List the percentage you want from fats or oils. The recommendation is between 10% and 15%. Write it as a decimal (e.g., 15% = 0.15).	_____
Step 3	Multiply the total daily calories in step 1 times the percent as a decimal in step 2. This will give you the total daily number of calories you need from fats and oils.	_____
Step 4	Multiply the number of calories in step 3 by the number of days you want the oil to last. For a year, multiply by 365; for three months, by 90; for six months, by 180, etc.	_____
Step 5	Divide the total calories from fats and oils in step 4 by 4,000. This is the total number of pounds of fats and oils you need for the period you have chosen. Use it in your calculations in worksheet 17.5.	_____

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Refer to tables 17.1 or 17.2 on pages 123 and 124 for information for calculating total daily calories.