

**Worksheet 17.8
Selecting Vegetables**

Number of Servings per Day for Family:

Number of Days*:

Total Number of Servings for Family: (number of servings x number of days) =

*It is recommended you select days in increments of 30 for easier calculation, i.e. 30 days, 90 days, 360 days).

Vegetables	Servings per Day of Listed Vegetable	~Total Servings of Listed Vegetables	For Reference: Amount for One Serving per Day per Year/360 Days	Quantity to Store
Canned vegetables in # 303 cans			8 cases	
Canned vegetables in # 2 ½ cans			4 ½ cases	
Canned vegetable juice			2 ½ cases	
Fresh cabbage			75 lb.	
Fresh carrots			60 lb.	
Sweet potatoes			70 lb.	
Fresh potatoes			120 lb.	
Assorted dehydrated vegetables			28.8 lb.	
Dehydrated onions			15 lb.	
Dehydrated potatoes			22.8 lb.	
Dehydrated tomato powder			22.8 lb.	
Assorted freeze-dried vegetables			8–9 lb.	
Freeze-dried corn, green beans, peas			22.8 lb.	
Freeze-dried onion			3.65 lb.	
Other vegetables				
Other vegetables				
Other vegetables				

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Refer to calculation 17.2; tables 17.6, 17.7, and 17.8; and examples 17.8 and 17.10 on pages 132 to 135 in Crisis Preparedness Handbook for information to complete this table.