

FREE GUIDE

The Freeze-Dried Food Storage Starter Guide

How much food do you actually need, how long will it last, and what should you buy first? This short guide answers all three — without the fear-mongering or the overspending.

How much do you need?

A simple, reliable rule is about **2,000 calories per person, per day**. Multiply by the number of people and the number of days you want to cover. Here is the math done for you (total calories to store):

Household	1 week	1 month	3 months	1 year
1 person	14,000	60,000	180,000	730,000
2 people	28,000	120,000	360,000	1.46M
Family of 4	56,000	240,000	720,000	2.92M

Treat these as starting targets, not gospel — active adults and growing kids need more.

How long will it last?

Sealed freeze-dried food in #10 cans commonly stores **25 years or more**. That means you can build slowly, a little at a time, without anything going to waste. Once opened, reseal and use within a few weeks to months.

What should you buy first?

Build a balanced base before you go deep on any one thing:

- A fruit (snacking + morale + vitamins)
- A vegetable (rounds out meals)
- A protein (the hardest thing to replace in a pinch)
- A bulk staple like rice, beans or oats (cheap calories)

Variety packs are the fastest, best-value way to get this base in one click.

Buy smart, not scared

- Build in stages — 2 weeks, then 1 month, then 3 months
- Watch price-per-serving, not just sticker price
- Store food your family will actually eat
- Keep water and a way to cook alongside your food

Want a plan built around your household? Advisor Agent Aria is free, 24/7: (832) 479-4428.