One-Year Food Supply

CALCULATOR

How to Calculate a 1-Year Food Supply

A Complete Planning Guide for the Prepared Homestead

Created for Homesteaders of America and The Church Storehouse

Step 1: Determine Daily Caloric Needs

- Average adult: 2,000–2,400 calories per day
- Teenagers: 2,200–3,000 calories per day
- Children: 1,200–2,000 calories per day
- Adjust upward for heavy labor, pregnancy, nursing mothers, cold climates, or increased physical demand
- Adjust appropriately for elderly family members depending on health and activity
- Multiply daily calories × 365 × number of family members

Worked Example: Family of 5

Family Composition:
2 adults (2,200 calories each)
2 children (1,800 calories each)
1 teenager (2,600 calories)

Total Daily Calories:
(2 × 2,200) + (2 × 1,800) + 2,600 = 10,600 calories/day

Annual Calories:
10,600 × 365 = 3,869,000 calories per year

1-Year Food Supply Quick Reference (Family of 5 Example)

Category	Recommended %	Annual Calories	Approx. Pounds Needed
Grains	45%	1,741,050	1,088 lbs (at 1,600 cal/lb avg)
Beans/Legumes	15%	580,350	387 lbs (at 1,500 cal/lb)
Fats/Oils	20%	773,800	193 lbs (at 4,000 cal/lb)
Proteins	10%	386,900	Varies by source
Fruits/Veg	10%	386,900	Varies by preservation method

Printable 1-Year Food Supply Calculation Worksheet

Family Member 1: _____ Calories/Day: _____

Family Member 2: _____ Calories/Day: _____

Family Member 3: _____ Calories/Day: _____

Family Member 4: _____ Calories/Day: _____

Family Member 5: _____ Calories/Day: _____

Total Daily Calories: _____

Total Annual Calories (×365): _____

Grains (____%): _____

Beans/Legumes (____%): _____

Fats/Oils (____%): _____

Proteins (____%): _____

Fruits & Vegetables (____%): _____

Common Mistakes to Avoid

- Storing only grains and neglecting fats (calorie-dense foods matter)
- Failing to account for teenagers or nursing mothers
- Not rotating inventory annually
- Ignoring cooking fuel and water needs
- Buying foods your family does not actually eat
- Not building a 10–15% buffer for emergencies

Preparedness is stewardship. Stewardship requires clarity. Clarity requires calculation.