

Dehydrated Fruits and Vegetables Oil and Yeast

Recommended Amounts for a One Year's Supply

Dehydrated Food Item	Adults	Teens	7-12	1-6
Fruits	25-30 lbs or 8 cans	25-30 lbs or 8 cans	20-25 lbs or 6 cans	15 lbs or 4 cans
Vegetables	40-45 lbs or 15 cans	40-45 lbs or 15 cans	25-35 lbs or 11 cans	15-25 lbs or 8 cans
Onions	1 can	1 can	1 can	$\frac{1}{2}$ can
Tomato Powder	2 cans	2 cans	2 cans	$\frac{1}{2}$ can – 1 can
Yeast	2 lbs	2 lbs	2 lbs	1 lb
Oil	2 gallons	2 gallons	2 gallons	1 gallon

Recommendations found in Food Storage 101: Where Do I Begin by Peggy Layton (1988).