

## **Dehydrated Fruits and Vegetables Oil and Yeast**

### **Recommended Amounts for a One Year's Supply**

<b>Dehydrated Food Item</b>	<b>Adults</b>	<b>Teens</b>	<b>7-12</b>	<b>1-6</b>
<b>Fruits</b>	25-30 lbs or 8 cans	25-30 lbs or 8 cans	20-25 lbs or 6 cans	15 lbs or 4 cans
<b>Vegetables</b>	40-45 lbs or 15 cans	40-45 lbs or 15 cans	25-35 lbs or 11 cans	15-25 lbs or 8 cans
<b>Onions</b>	1 can	1 can	1 can	½ can
<b>Tomato Powder</b>	2 cans	2 cans	2 cans	½ can – 1 can
<b>Yeast</b>	2 lbs	2 lbs	2 lbs	1 lb
<b>Oil</b>	2 gallons	2 gallons	2 gallons	1 gallon

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