MEMBERS VAULT · TOOL

30-Day Shelter Pantry Tracker

See what you already have, what is left to stock, and when to rotate — on paper and in a spreadsheet.

To be used with The Practical Long-Term Pantry
and the supply chapters in The Practical Backyard Bunker

HOUSEHOLD NAME _____ NUMBER OF PEOPLE _____

DATE STARTED _____ DATE LAST UPDATED _____

STORAGE LOCATIONS (PANTRY, CLOSET, SHELTER, OTHER) _____

BUILT, NOT JUST WRITTEN.

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How to use this tracker

A pantry works better when you can see it. This tracker is the working copy — a place to write down what is already on your shelves, what you still want to add, and when to rotate it. It is meant for an ordinary household: a kitchen pantry, a closet, or a backyard shelter. You do not need a sealed facility to use it.

The books behind this tool use three stages: two weeks, three months, and one year. This tracker is set up for a 30-day supply because that is a clear, useful window for many households, and the pantry book already includes a one-month water table. Food targets are not filled in for you. The book does not publish a ready-made 30-day food list, and I will not invent one. Enter amounts from the book, or your own figures, in the Target column.

HOW TO USE THIS TRACKER

1. List what you already have. Walk your shelves and write quantities in "On hand." Use the item names printed here, or add your own in the blank rows.
2. Set a 30-day target from the matching book or from a number you choose. For water, you may use the estimate on the Household Setup page (one gallon per person per day, from the book, labeled as a planning estimate). For food, use Appendix B in *The Practical Long-Term Pantry* as a guide — Stage One is two weeks, Stage Two is three months — and enter your own 30-day targets. Do not treat a blank target as my figure.
3. Fill the gap over time. Gap is target minus what you have. Status is a word, not a color: Stocked, Low, or Not yet. Shop from the fill-the-gap list, a little at a time if that is how your budget works.
4. Note rotate-by or best-by dates and rotate. The pantry book's habit is first in, first out, with a twice-a-year full check. Self-filled water is commonly replaced about every six months.
5. Update the date on the cover when you make a pass. The spreadsheet does the arithmetic; the paper sheets are for handwriting if you would rather keep this in a folder.

A NOTE ON THE COLUMNS

The paper inventory follows the book's Appendix D idea (item, size, quantity, date, use-by, notes), with Target, Gap, and Status added so you can see what is left to stock. The spreadsheet has the full column set, including Days until rotate, a category summary, a rotation list, and a shopping list with working formulas.

These figures are planning estimates based on the amounts you enter and, where noted, on the matching book. This tracker is not a guarantee that a household will be prepared for any particular event.

The tracker is the working copy. For the method behind the categories and the amounts, use The Practical Long-Term Pantry and the supply chapters in The Practical Backyard Bunker. If you are cooking from what you have stored, The Practical Off-Grid Cookbook is the kitchen companion.

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Household setup

Fill this in first. The water total below is a planning estimate from the pantry book's common guideline of one gallon per person per day, multiplied by the number of people and the number of days you enter. The book calls that gallon a minimum, not a comfortable amount, and notes you will need more in heat, with illness, with physical work, when cooking a lot of dried food, or with pets. Change the daily amount if your situation calls for it.

NUMBER OF PEOPLE _____ DAYS TO COVER _____ default 30

GALLONS PER PERSON PER DAY _____ default 1 PET WATER TO ADD _____

WATER PLANNING ESTIMATE

People × days × gallons per person per day = _____ gallons

From *The Practical Long-Term Pantry*, Chapter 7, and the one-month column of the household water table: 1 person, 30 gallons; 2 people, 60; 4 people, 120; 6 people, 180. The bunker book uses the same daily guideline and gives 3-day and 7-day totals in Appendix C. These totals are planning estimates based on the figures you enter (and, where noted, on *The Practical Long-Term Pantry*). They are not a guarantee. Copy the gallons total into the Water row of your inventory as the target, if you want to use it.

WHAT THE PANTRY BOOK USES FOR STAGES

This tracker does not replace the three stages. Use them when you are ready to go past 30 days.

	Stage One	Stage Two	Stage Three
Goal	2 weeks	3 months	1 year
Main food	Ready-to-eat everyday food	Your family's regular meals	Long-lasting staples
Rotation	Constant, used weekly	Regular, used monthly	Slow, checked yearly
Water goal	2 weeks (14 gal per person)	2 to 4 weeks, plus treatment supplies	Ongoing supply (filter, rain barrels, a plan for refilling)

Table text is from Chapter 2 and the Chapter 7 "Water Planning by Stage" table in *The Practical Long-Term Pantry*.

ASSUMPTION

These totals are planning estimates based on the figures you enter (and, where noted, on *The Practical Long-Term Pantry*). They are not a guarantee.

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Inventory — water, staples, proteins, produce

Item names come from *The Practical Long-Term Pantry* (especially Appendix B) and from the supply lists in *The Practical Backyard Bunker*. Leave Target blank until you enter a figure from the book or your own number. Status is a word you write in: Stocked (gap is 0 and you have a target), Low (you have some, but not the target), or Not yet (on hand is 0). The spreadsheet calculates Gap, Status, and Days until rotate for you.

Item	Unit	On hand	Target	Gap	Status	Location	Date added	Rotate-by
WATER								
Stored drinking water (bottled or food-grade containers)	gallons							
Water filter rated for bacteria and protozoa	each							
Purification tablets, or unscented bleach with a dosing card	each							
GRAINS AND STAPLES								
Cereal or oats	boxes or lb							
Pasta and sauce	lb + jars							
Rice	lb							
Crackers	boxes							
Pancake mix (needs only water)	lb							
Flour	lb							
Shelf-stable or powdered milk	qt or lb							
PROTEINS								
Canned soups, chili, stews	cans							
Canned meat or fish	cans							
Peanut butter	jars							
Canned and dried beans	cans + lb							
FRUITS AND VEGETABLES								
Canned vegetables	cans							
Canned fruit or applesauce	cans							
Canned tomatoes and sauce	cans							

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Inventory — fats, extras, comfort, hygiene

Item	Unit	On hand	Target	Gap	Status	Location	Date added	Rotate-by
COOKING FATS AND EXTRAS								
Cooking oil	gal or qt							
Sugar or honey	lb							
Salt	lb							
Spices, bouillon, condiments	set							
Baking powder, baking soda, yeast	rotating supply							
Manual can opener	each							
COMFORT AND SPECIAL-DIET ITEMS								
Coffee, tea, treats	as needed							
Baby food or formula, if needed	as needed							
Allergy-safe or special-diet foods	as needed							
HYGIENE								
Toilet paper	as needed							
Soap and toothpaste	as needed							
Laundry detergent	as needed							

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Inventory — sanitation, light, heat, power, first aid, pets

Item	Unit	On hand	Target	Gap	Status	Location	Date added	Rotate-by
SANITATION								
Trash bags and gloves	as needed							
Paper plates, cups, and utensils	as needed							
Hand sanitizer and wipes	as needed							
LIGHT								
Flashlights, headlamps, or lantern	each							
Spare batteries (sizes you use)	as needed							
HEAT AND COOKING (OUTDOORS ONLY)								
Safe way to heat food and water (outdoors only)	each							
BACKUP POWER (HOUSEHOLD)								
Charged power station or battery packs	each							
Phone charging cables	each							
FIRST AID AND EVERYDAY MEDICINE								
First aid kit	each							
A few days of each person's daily medications	as needed							
PETS								
Pet food	as needed							
Pet water	gallons							
OTHER								
NOAA weather radio with battery or crank backup	each							

Everyday first aid and the medications you already use belong here as a prompt only. This tracker does not list drugs or treatments. For home-care methods, see *The Practical Home Remedy Book*, and follow your own prescriptions and professional advice.

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Inventory — blank rows

Blank rows for foods and supplies you actually use that are not printed on the earlier pages. Add the category in your notes if it helps.

Item	Unit	On hand	Target	Gap	Status	Location	Date added	Rotate-by

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Category summary and rotation

Add up each category from your inventory. Percent stocked is on hand ÷ target, and stays blank if the target is 0 or empty. The spreadsheet does this with SUMIF.

Category	On hand	Target	Gap	Percent stocked
Water				
Grains and staples				
Proteins				
Fruits and vegetables				
Cooking fats and extras				
Comfort and special-diet items				
Hygiene				
Sanitation				
Light				
Heat and cooking (outdoors only)				
Backup power (household)				
First aid and everyday medicine				
Pets				
Other				
OVERALL				

ROTATION LIST

Copy items that have a rotate-by or best-by date, soonest first. Write “Past date” if the date has passed, or “Due soon” if it falls within 30 days. The pantry book suggests a twice-a-year full check (a common reminder is when you change the clocks) and rotating self-filled water about every six months.

Item	Category	Location	Rotate-by	Days until rotate	Past date / Due soon

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Shopping / fill-the-gap list

Write rows where Gap is greater than 0. Check Bought when the item is home and then update On hand on the inventory.

	Item	Category	Gap	Unit	Bought
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Amounts from the books

Reference only — not 30-day food defaults

The amounts on this page are copied from the books so you have them next to the tracker. They are not 30-day food defaults. Stage One is a two-week list. Use it as a reference when you write your own 30-day targets, or go on to Stage Two and Stage Three in the book when you are ready.

WATER FOR ONE MONTH (PLANNING ESTIMATE)

From the Chapter 7 table in *The Practical Long-Term Pantry*, using one gallon per person per day. The book describes this as a common guideline from U.S. emergency agencies, and a minimum.

Household	3 days	2 weeks	1 month
1 person	3 gal	14 gal	30 gal
2 people	6 gal	28 gal	60 gal
4 people	12 gal	56 gal	120 gal
6 people	18 gal	84 gal	180 gal

APPENDIX B — STAGE ONE: TWO WEEKS

From *The Practical Long-Term Pantry*, Appendix B. Rough cost is the book's published range, not a promise of what you will pay.

Item	Family of 2	Family of 4	Family of 6
Water	28 gal	56 gal	84 gal
Canned soups, chili, stews	10 cans	20 cans	30 cans
Canned meat or fish	7 cans	14 cans	21 cans
Canned vegetables	10 cans	20 cans	30 cans
Canned fruit or applesauce	10 cans	20 cans	30 cans
Peanut butter	1 large jar	2 large jars	3 large jars
Crackers	2 boxes	4 boxes	6 boxes
Cereal or oats	2 boxes	4 boxes	6 boxes
Shelf-stable milk	4 qt	8 qt	12 qt
Pasta and sauce	2 lb + 2 jars	4 lb + 4 jars	6 lb + 6 jars
Granola bars, snacks	2 boxes	4 boxes	6 boxes
Coffee, tea, treats	As needed	As needed	As needed
Manual can opener	2	2	2
Rough cost (book's range)	$100 to $150	$175 to $275	$250 to $400

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Amounts from the books, continued

APPENDIX B — STAGE TWO: THREE MONTHS

From *The Practical Long-Term Pantry*, Appendix B. The book describes these as a general guide for a typical shelf-stable menu, built around your family's ten regular dinners (Chapter 3). Stage Three (one year of long-term staples) is in the same appendix; use the book when you get there. Classic per-adult year guidelines also appear in Chapter 4 (for example, 300 to 400 lb of grains). Those are year figures, not 30-day targets.

Item	Family of 2	Family of 4	Family of 6
Canned meat or fish	45 cans	90 cans	135 cans
Canned vegetables	60 cans	120 cans	180 cans
Canned fruit	45 cans	90 cans	135 cans
Canned tomatoes and sauce	25 cans	50 cans	75 cans
Canned and dried beans	20 cans + 10 lb	40 cans + 20 lb	60 cans + 30 lb
Rice	20 lb	40 lb	60 lb
Pasta	15 lb	30 lb	45 lb
Pasta sauce	12 jars	24 jars	36 jars
Oats and cereal	15 lb	30 lb	45 lb
Pancake mix	5 lb	10 lb	15 lb
Flour	15 lb	25 lb	40 lb
Sugar	10 lb	20 lb	30 lb
Oil	1 gal	2 gal	3 gal
Peanut butter	4 jars	8 jars	12 jars
Powdered or shelf-stable milk	6 lb powder	12 lb powder	18 lb powder
Spices, bouillon, condiments	Basic set	Basic set	Basic set
Toilet paper, soap, detergent	3 months	3 months	3 months
Rough cost (book's range)	$450 to $700	$850 to $1,300	$1,250 to $1,900

TWICE-A-YEAR PANTRY CHECK

Copied from Appendix D of *The Practical Long-Term Pantry*. Date: _____

- [ ] Inspect every can and jar for dents, bulges, rust, leaks
- [ ] Check long-term containers for damage, moisture, pests
- [ ] Move items near their use-by date to the front
- [ ] Update inventory sheets
- [ ] Rotate self-stored water
- [ ] Test baking powder and yeast; smell oils
- [ ] Replace water-treatment bleach if older than a year
- [ ] Review family needs (new baby, diets, pets)
- [ ] Write shopping list for gaps