BONUS 2

The Off-Grid Pantry Planner and Preservation Logbook

Worksheets, logs, and labels that turn the manual into a working system for your household.

DAVID RUIZ

A free companion to The Essential Off-Grid Food Preservation Manual

Household Food-Needs Calculator

Adults and teens 2,200 calories a day; children 4–12, 1,600; under 4, 1,200. Add 500 for heavy physical work.

Name	Age	Calories per day	Notes

Calculation	Result
Total household calories per day	
× 90 = three-month target	
× 365 = one-year target	
Grains and starches (50–60%)	
Beans and meat (15–20%)	
Fats (15–20%)	
Fruit, vegetables, sugar, dairy (remainder)	
Quarts of vegetables per year (1 per adult per week)	
Pints of fruit per year (1 per adult per week)	

Annual Preservation Plan

Uses per week × 52 = annual target. Adjust each year from your inventory records.

Food	Method	Uses per week	Annual target	Month(s)	Done

12-Month Preservation Calendar

Shade harvest windows, then write the batch days and targets.

Month	What is in season	Preserving work and targets	Maintenance
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

Batch-Day Planner

Item	Details
Date	
Food and recipe	
Quantity of produce	
Expected jars	
Method, time, pressure (adjusted for altitude)	
Helpers and stations	

Supplies checklist

Item	Needed	Have	Item	Needed	Have
Jars			Lids		
Salt			Vinegar (5%)		
Sugar			Lemon juice / citric acid		
Pectin			Spices		
Fuel			Ice		

Timeline

Time	Task	Who	Done

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Timeline

Time	Task	Who	Done

Canning Log

Date	Food / recipe	Jars (size × no.)	Method	Time / psi	Sealed	Notes

Canning Log

Date	Food / recipe	Jars (size × no.)	Method	Time / psi	Sealed	Notes

Canning Log

Date	Food / recipe	Jars (size × no.)	Method	Time / psi	Sealed	Notes

Curing and Smoking Log

Date in	Product	Weight	Salt / sugar / cure (g)	Temp checks	Date out	Smoked / cooked to	Notes

Fermentation Log

Date	Vegetables	Weight	Salt	Room °F	Ready on	Stored / canned	Notes

Drying Log

Date	Food	Fresh weight	Pretreatment	Method / temp	Hours	Dried weight	Notes

Root Cellar Monitoring Log

Record low and high temperature and humidity daily for the first weeks, then weekly.

Date	Low °F	High °F	Humidity %	Vents	Inspected / removed	Notes

Pantry Inventory and Rotation

Location: _____ Count on the first of each month.

Food	Size	Date packed	Minimum	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

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Supplies and Fuel Budget

Item	Quantity needed	On hand	To buy	Unit price	Total

Fuel estimate	Value
Water-bath loads × fuel per load	
Pressure loads × fuel per load	
Blanching, rendering, drying (+25%)	
Total fuel for the year	

Printable Jar and Bucket Labels

Print on full-sheet label paper or plain paper and tape on. For canning lids, write directly with a permanent marker.

Contents _____ **Date** _____ Method / batch _____	**Contents** _____ **Date** _____ Method / batch _____	**Contents** _____ **Date** _____ Method / batch _____
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