



# 6-Month Food Storage Worksheet

Complete shopping list organized by month, FIFO tracking sheet, container labels, tropical storage checklist, and price comparison guide for Malaysian staples.

This worksheet is designed for Malaysian households building long-term food resilience gradually without panic buying or excessive spending. Focus on foods your family already eats, rotate stock regularly, and protect supplies from heat, humidity, pests, and flooding.

## 1. 6-Month Food Storage Build Plan

Month	Focus Items	Budget Target (RM)
Month 1	Rice, canned food, bottled water, instant noodles	
Month 2	Cooking oil, flour, sugar, salt, Milo, biscuits	
Month 3	UHT milk, sardines, tuna, peanut butter, oats	
Month 4	Hygiene supplies, spices, sauces, coffee/tea	
Month 5	Backup gas, ORS, medicines, emergency snacks	
Month 6	Extra staples, FIFO replacement stock, storage containers	

## 2. Malaysian Staples Inventory Tracker

Food Item	Current Qty	Target Qty	Expiry Date
Rice			
Instant Noodles			
Sardines			
Canned Tuna			
Cooking Oil			
Flour			
Sugar			
Salt			
Milo/Coffee/Tea			
Biscuits/Crackers			
Oats			
UHT Milk			
Water Bottles			

Food Item	Current Qty	Target Qty	Expiry Date
Baby/Pet Supplies			



### 3. FIFO Rotation Tracking Sheet

Item	Date Stored	Use Before	Replaced?
			■
			■
			■
			■
			■
			■
			■
			■
			■
			■

FIFO = First In, First Out. Always consume older stock first and replace gradually during normal grocery shopping.

### 4. Tropical Climate Food Storage Checklist

Done	Storage Checklist
■	Store food in cool, dry areas away from sunlight
■	Use airtight containers to reduce humidity and pests
■	Keep supplies elevated from flood-prone floors
■	Check for ants, cockroaches, and moisture monthly
■	Rotate rice and flour regularly in hot climates
■	Avoid overstocking foods your family never eats
■	Maintain printed inventory sheet
■	Track expiry dates every 2-3 months

### 5. Price Comparison Guide

Staple Item	Store A	Store B	Bulk Price
Rice			
Sardines			
Milo			
Cooking Oil			
Water			

Staple Item	Store A	Store B	Bulk Price
Instant Noodles			
Flour			
Sugar			

## 6. Container Label Templates

Food Item	Date Stored	Use Before

**Smart Stocking Principles:** Build gradually over months, not in one large purchase. Focus on foods already used by your household. Buy extra during normal grocery trips and promotions. Rotate consistently to avoid waste. Prioritize calories, hydration, and nutrition stability.

Based on the Preppers MY article: Building a 6-Month Food Storage System for Malaysian Families — Smart Stocking Without Waste.