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**How much rice per day?**

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05-12-2008, 03:45 PM

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**key**  
 Recent Blog: [Testing a Berkey water filter at the camp](#)  
 Survivalist

Join Date: Apr 2007  
 Location: East Texas  
 Age: 42  
 Posts: 10,473  
 Thanks: 845  
 Thanked 15,048 Times in 3,938 Posts

**How much rice per day?**

For the sake of discussion, a disaster hit and you had to pull out your rice and bean stocks.

You take your 20 pound bag of rice, scoop up a measure - how much would you measure out and cook per meal? My wife and I are figuring about 1/2# (8oz)per day of rice for a family of 4. But we need to test that theory - maybe this coming weekend.

**Example:**

Lets say you want to cook 1 pound per day - so 20#s is about 20 days worth of rice.

Our [survival gear](#) Section

If you have a question about the forum, please post it [in this section](#).  
 General questions sent through private messages will be ignored.

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05-12-2008, 04:08 PM

[Tweet this Post!](#) #2

**Lamb**  
 Permanently gone

Join Date: Mar 2008  
 Posts: 1,719  
 Thanks: 2,196  
 Thanked 3,332 Times in 996 Posts

I raised 7 kids...we ate a lot of rice and beans!

Now, you are doing this by the pound? Or can I use cup measurements?  
And for a family of 4...  
Just rice for the meal or are you adding some beans to that?  
One meal per day? Two? Three?

Gimme more specifics, Kev...  
Personally, I would go with one cup uncooked rice per meal, with the addition of one cup dried beans.

You add two cups water to one cup uncooked rice and cook it, you have almost 3 cups food. Add cooking water to beans, when the one cup is done it is almost two cups. Thats 1 and 1/4 cups of food for each individual.  
Enough to sustain life, though a bit boring.

I haven't had a chance to browse thru your videos, but have you tried thermos cookery?  
Great survival fall-back option!  
Especially good for wheat berries and cracked wheat, oats and rice.

One quart Thermos.  
One cup uncooked rice.(or cracked wheat or wheat berries, whatever)  
Two cups boiling water.  
Put dry ingredient in Thermos.  
Boil water.  
Add boiling water to Thermos.  
Cap tightly.  
Go to sleep.(I generally do this at bedtime when camping)  
In morning, open Thermos, pour off any excess water (usually isn't any, but if there is, it is full of nutrients from the stuff cooked, so don't waste it)  
Voila, warm breakfast! Season as desired!

QUOTE

The Following 15 Users Say Thank You to Lamb For This Useful Post:

[AngelsDad](#), [awildchipmunk](#), [BeckyandRich](#), [Brimasmom](#), [coastalmist](#), [jake2112](#), [lilc](#), [miklosb](#), [mongoose](#), [NAUTHIZ](#), [Rutger](#), [safetyhappy](#), [shawn](#), [Skippy](#), [Yorkshire Boy](#)

05-12-2008, 04:19 PM

Tweet this Post! #3



**Mama Bear**  
Survivor

Join Date: May 2008  
Location: Ohio  
Posts: 4,266  
Thanks: 3,280  
Thanked 3,100 Times in 1,608 Posts

For our family of four, I usually cook 2 cups dry (which makes 4 cups cooked) and is about a pound- that gives us one meal plus leftovers for the 4 of us (About a meal and a half). Now if you round that out with veggies, beans, whatever else- you can certainly get away with 1/2lb .

Quote:

Originally Posted by **kev** -  
*For the sake of discussion, a disaster hit and you had to pull out your rice and bean stocks.*

*You take your 20 pound bag of rice, scoop up a measure - how much would you measure out and cook per meal? My wife and I are figuring about 1/2# (8oz)per day of rice for a family of 4. But we need to test that theory - maybe this coming weekend.*

**Example:**

*Lets say you want to cook 1 pound per day - so 20#s is about 20 days worth of rice.*

QUOTE

05-12-2008, 04:20 PM

Tweet this Post! #4



**kev**  
Recent Blog: [Testing a Berkey water filter at the camp](#)  
Survivalist

Join Date: Apr 2007  
Location: East Texas  
Age: 42  
Posts: 10,473  
Thanks: 845  
Thanked 15,048 Times in 3,938 Posts

Quote:

Originally Posted by **Lamb**   
*I raised 7 kids...we ate a lot of rice and beans!*

*Now, you are doing this by the pound? Or can I use cup measurements?  
And for a family of 4...  
Just rice for the meal or are you adding some beans to that?  
One meal per day? Two? Three?*

*Gimme more specifics, Kev...*

I was planning on using something like a 4 cup measuring bowl. Lets just go with rice for now and nothing added to it.

I really liked that thermos and rice idea, thank you.

QUOTE

05-12-2008, 04:24 PM

Tweet this Post! # 5

**Brother Buck**   
Survivor

Join Date: Apr 2008  
Location: Banifornia  
Posts: 7,244  
Thanks: 1,675  
Thanked 6,831 Times in 3,268 Posts



Us too.  
For three of us my wife being the most prolific consumer of rice(and oddly still the skinniest) that works for us for about a day and a half.  
Or 4 full meals.  
If it was all we ate maybe double it.  
With beans?  
I say a pound of beans is three meals for 2 days w/o rice and easily double with.

QUOTE

05-12-2008, 04:25 PM

Tweet this Post! # 6

**Pronetoviolence**   
I love this forum

Join Date: May 2008  
Posts: 11  
Thanks: 0  
Thanked 3 Times in 2 Posts



Ive gotten by on 1 cup of uncooked rice for 2 people a day.

QUOTE

05-12-2008, 05:06 PM


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**Lamb**   
Permanently gone

Join Date: Mar 2008  
Posts: 1,719  
Thanks: 2,196  
Thanked 3,332 Times in 996 Posts



Quote:

Originally Posted by **kev**   
*I was planning on using something like a 4 cup measuring bowl. Lets just go with rice for now and nothing added to it.*

*I really liked that thermos and rice idea, thank you.*

Okay, just rice then I say 2 cups uncooked.

As for the Thermos cooking...when I lived in a tent, it was how I frequently did my meals.  
Sometimes I would stop at a convenience store on the way home (or on the way into town in the morning) and ask if I could fill my Thermos with boiling water from their coffee counter. They always said yes. I'd fill my Thermos and depending on the time of day I did it, about 6 to 8 hours later I would have a warm supper or warm breakfast, fully cooked with almost no effort.

QUOTE

05-12-2008, 06:11 PM

Tweet this Post! # 8

**Maurepas** 

Join Date: Sep 2007  
Posts: 5,953  
Thanks: 2,014



trois pour cent



Thanked 5,315 Times in 2,265 Posts



To me, before you decide what volume, you have to establish the baseline caloric need.

If taking care of a family, step one would be to calculate what each family member needs per day. And this could vary according to age and activity level. And then the food would be prepared in the volume required to meet the daily needs.

For simplicity, consider 4 people at 2000 calories per day=8,000 calories needed per family per day.

1 cup of uncooked rice makes about 1150 calories.

So about 7 cups uncooked if you are eating just rice.

Add a meat: (I'm sure Kev will be eating venison, but for this example, spam)

Spam, six ounce can = 696 calories.

One can per person per day x 4 for the whole family = 2784 calories

So, 8,000 needed minus 2784 from spam = 5,216 remaining.

So you could back your rice down to about 5 cups uncooked to make the remaining 5,216 calories.

Vegetables have so little in the way of calories that I don't really include them in the calorie account.

I keep a spreadsheet of food preps and how many total calories I have on hand. And once you know that, it's also easy to accurately calculate how many days worth of food you really have.

So that's how I do it. First establish baseline need, then volume to meet the need.

QUOTE

#### The Following User Says Thank You to Maurepas For This Useful Post:

Skippy

05-12-2008, 08:00 PM

[Tweet this Post!](#) #9



**dewey**  
comfortably numb

Join Date: Jan 2008  
Location: St. Louis, MO  
Age: 37  
Posts: 247  
Thanks: 32  
Thanked 162 Times in 83 Posts



Since I'm a bachelor, my stores of rice (nearly 50 lbs. as of now) will hold me for quite some time. This not to mention my whole wheat pasta reserve (30lbs.). Then there's my whole wheat flower reserve that will make several pounds (25lbs.) of hardtack. Soldiers & sailors lived off the stuff for weeks and even months.

I figure that, in "survival mode" (i.e. no short-term relief in sight), I can consume 3 cups dry of rice...two full meals per day & supplemented with multivitamins...and "survive" for a month, based upon the stores I currently have. I can stretch it out both gastronomically & nutritionally with my supply of both frozen & canned vegetables. Having a good & diverse supply of dried spices helps out quite a bit. Let's not even mention my dried bean supply (my bowels will thank you)! Again, it's all about self-discipline.

This all depends if you "like" rice. I happen to like rice an eat it as my main portion for 4 days of the week...on average. I supplement my rice with meats & vegetables (mostly vegetables).

QUOTE

05-12-2008, 08:25 PM

[Tweet this Post!](#) #10



**groovygypsy**  
Cosmic Guardian

Join Date: May 2008  
Location: USA  
Posts: 469  
Thanks: 50  
Thanked 237 Times in 108 Posts



unless you're on the move you're not going to need 2000 cal per day. Rice will be good without refrigeration for a day or two. Many places in asia, the rice is cooked and kept on the stove, often uncovered. You will need a protein source so be sure to mix it with beans at the minimum.

To cook rice the asian way, add as much rice as you want and then add water so it's about a pinky joint above the rice. You can add a bullion cube to the rice for flavor. You can also roast the rice before you add water for better flavor.

If you live in a desert climate say Phoenix, then Rosemary will be abundant. Add some to the rice for flavor. Beaver Tail Cactus is tasty with rice as well.

When times are tough, don't hesitate to put a dog out of misery. Many asians and mexicans eat dog meat and add it to the rice with a tomato. Snake meat and even cleaned maggots can add protein to rice.

QUOTE

The Following 2 Users Say Thank You to groovygypsy For This Useful Post:

monet108, Ramona M. Faunce

05-12-2008, 11:24 PM

Tweet this Post! # 11



E-brake  
Member

Join Date: May 2008  
Location: Chicago burbs  
Posts: 74  
Thanks: 27  
Thanked 23 Times in 13 Posts



wow this is all good stuff to know.

Thanks guys

QUOTE

05-13-2008, 01:34 AM

Tweet this Post! # 12



Cryptkeeper  
Survivor

Join Date: Dec 2007  
Posts: 4,116  
Thanks: 2,854  
Thanked 2,326 Times in 1,329 Posts



1/2 cup of uncooked rice per meal sounds about right, but it depends on how much beans you add of corse. i use about that much per meal for 2 ppl.

QUOTE

05-13-2008, 09:15 AM

Tweet this Post! # 13



jamesandjennie  
Member, Tin foil hat club

Join Date: Apr 2008  
Location: Texas  
Age: 29  
Posts: 397  
Thanks: 149  
Thanked 323 Times in 139 Posts



Just adding a few tablespoons of butter or oil can increase the caloric content. And don't forget your body needs *some* fat for brain function and such.

QUOTE

05-13-2008, 03:07 PM

Tweet this Post! # 14



riverrat  
Hunter

Join Date: Aug 2007  
Location: minnesota  
Posts: 1,837  
Thanks: 198  
Thanked 788 Times in 463 Posts

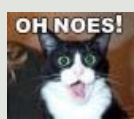


A good meal for me is 1 cup of rice and 1 cup of beans dry measure.

QUOTE

05-13-2008, 04:37 PM

Tweet this Post! # 15




dewey  
comfortably numb

Join Date: Jan 2008  
Location: St. Louis, MO  
Age: 37  
Posts: 247  
Thanks: 32  
Thanked 162 Times in 83 Posts



Quote:

Originally Posted by [riverrat](#)   
*A good meal for me is 1 cup of rice and 1 cup of beans dry measure.*


Sounds like my daily lunch I take to work! The majority of my lunchtime meals are either rice or pasta. I also might throw in a hot link sausage cut up into bits...mmmmmm! Then there's my seasoning experiments...

Although I do have a lot of dried beans in store, I prefer (for taste) the canned variety, particularly Chili Man and Bush's. The spicier, the better! They both do a good job and for a decent price. I can never get the seasoning down on my own "experiments" as well they can.

QUOTE

05-14-2008, 12:06 AM

[Tweet this Post!](#) #16

[Marcus](#)   
Prepared

Join Date: May 2008  
Location: Maine  
Age: 23  
Posts: 287  
Thanks: 197  
Thanked 86 Times in 65 Posts



consider dry milk, yeast and pollen as light weight natural nutritional additives, good for dire emergencies, when you know you'll be trekking hard for a few days... you get fat and protien, and some of those mineral things... mix it right in with your baggy of herbs if you have one... if you don't you should, it's not just aesthetic, herbs are good for you

QUOTE

The Following User Says Thank You to Marcus For This Useful Post:

[Ramona M. Faunce](#)


05-15-2008, 03:38 PM

[Tweet this Post!](#) #17




[One Smart Monkey](#)   
or an 800 pound gorilla

Join Date: May 2008  
Location: Socialist Republic of California  
Posts: 36  
Thanks: 28  
Thanked 13 Times in 8 Posts

 **how skinny do you want to be?**

Quote:

Originally Posted by [kev](#)   
*For the sake of discussion, a disaster hit and you had to pull out your rice and bean stocks.*

*You take your 20 pound bag of rice, scoop up a measure - how much would you measure out and cook per meal? My wife and I are figuring about 1/2# (8oz)per day of rice for a family of 4. But we need to test that theory - maybe this coming weekend.*

**Example:**

*Lets say you want to cook 1 pound per day - so 20#s is about 20 days worth of rice.*

Maybe it would be good to answer this question with another question first: How skinny do you want to be?

I figure on a per day basis, 1 cup uncooked rice per person. Now that does not equate to the same measurements per pound because some rice is drier and some rice is wetter or denser. I am a rice connesieur if there is such a thing. As far as white rice is concerned, Basmati is my favorite. Then would come extra long grain rice, then Persian (but where can you buy this where I live?), then Jasmine (a bit pricey compared to CalRose), then CalRose. Out of all these rices, I think the Jasmine and CalRose yield the least rice per pound as well as least nutrients. They are also cheeper than the other rices. Basmati being the most expensive because it is only really grown in the Himalayan foothills and must be imported. Now, if you want to lose weight think about less rice than that combined with those beans you were talking about if rice and beans are the only things you will eat.

QUOTE

05-16-2008, 11:51 AM

[Tweet this Post!](#) #18

[Micah525](#)   
Hunter

Join Date: Jul 2007  
Location: Springfield, MO  
Posts: 1,503  
Thanks: 662  
Thanked 867 Times in 446 Posts



I love stirfrys & rice is the perfect starter food. It goes with almost any other meat or veggie - & can even be fantastic tasting depending on spices available...

My plan at this point is to only use 1/2 cup dry rice per meal which cooks out to about 1 1/2 cups cooked at around 300 calories.

I have my rice stored in 5 gal. buckets so that gives me 160 meal starters per bucket. (5 X 32)

Then add in 2 tablespoons of shortening which will add another 240 calories and your at 540 calories.

Then it is just a matter of adding whatever we have been able to kill or forage.

Fish, raccoon, rabbit, squirrel, onions, dandelion, chickweed, cattail, etc.

Some days we will eat really, really well & other days will most likely be lean ones...

We will be making bread, pancakes, etc. as long as the flour, sugar, syrup, etc. holds out - first six months will be a piece of cake. If the opportunity for resupplying never presents itself then times will get leaner & leaner.

Just bought a 5 gallon bucket of shortening a couple months ago from Wally World that they had on sale for \$15... 5 gallons = 1,280 tablespoons for a grand total of 153,600 calories in one bucket!!!

QUOTE

05-16-2008, 12:01 PM

Tweet this Post! #19



wynturmute  
Trapper

Join Date: Feb 2008  
Location: Kansas  
Posts: 822  
Thanks: 839  
Thanked 359 Times in 199 Posts

Quote:

Originally Posted by kev

*For the sake of discussion, a disaster hit and you had to pull out your rice and bean stocks.*

*You take your 20 pound bag of rice, scoop up a measure - how much would you measure out and cook per meal? My wife and I are figuring about 1/2# (8oz)per day of rice for a family of 4. But we need to test that theory - maybe this coming weekend.*

**Example:**

*Lets say you want to cook 1 pound per day - so 20#s is about 20 days worth of rice.*

Hey, Kev,  
you might not remember this but we talked about this a while back and its when you directed me to this site.  
I told you how I disagreed with your MREs because I had lived off of rice for extended periods.

So I can give you an answer based on experience.  
Half cup of white dry, per person will sustain them and a cup will allow them to maintain their weight...

QUOTE

05-16-2008, 02:06 PM

Tweet this Post! #20

Ramona M. Faunce  
Survivor

Join Date: Apr 2008  
Location: Cave Junction Oregon  
Posts: 3,480  
Thanks: 4,065  
Thanked 2,096 Times in 911 Posts

Marcus: Thank you for your helpful suggestion. I never thought of adding dried milk, brewers yeast and pollen to an herb blend for extra protein. That is fantastic, because I usually add brewers yeast to a lot of my food for the flavor.

I'm not really big on dried milk, but I do see the benefit of having it around if the SHTF. Particularly because of its long shelf live.

QUOTE

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Tags

meal planning, rice, storing rice

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-- Green

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