

# Survival Pantry Checklist

## Staple Grains & Carbs

- White rice (long-term)
- Rolled oats
- Pasta
- Quinoa or barley
- Instant potatoes

## Proteins

- Canned tuna, salmon, chicken, or beef
- Dried beans & lentils
- Peanut butter or nut butters
- Powdered eggs
- Textured vegetable protein (TVP) or soy crumbles

## Fruits & Vegetables

- Canned fruits (peaches, pears, pineapple)
- Canned vegetables (corn, green beans, carrots)
- Freeze-dried fruits & veggies
- Tomato paste/sauce

## Dairy & Alternatives

- Powdered milk or shelf-stable milk
- Canned evaporated milk
- Shelf-stable plant-based milks (soy, almond, oat)
- Cheese powder

## Baking & Cooking Essentials

- Flour (vacuum-sealed or in mylar)
- Sugar (white, brown, honey, or maple syrup)
- Baking powder & baking soda
- Salt & spices
- Yeast (vacuum-sealed or frozen for long storage)
- Cooking oils (olive, coconut, or shortening)

## Comfort & Energy Foods

- Coffee or instant coffee
- Tea

- Hot cocoa mix
- Hard candies or chocolate
- Instant soups or ramen

## **Hydration & Extras**

- Bottled water (1 gallon per person per day)
- Electrolyte drink powders
- Shelf-stable juice boxes
- Herbal teas

## **Preparedness Essentials**

- Mylar bags with oxygen absorbers
- Food-grade buckets
- Manual can opener
- Matches or lighter for cooking
- Water filter or purification tablets

*Tip: Rotate items regularly using the FIFO (First In, First Out) method. Label with purchase/expiry dates.*