Shelf-Stable Emergency Food List

GRAINS & CEREALS

WHOLE GRAINS

- ❑ Instant oatmeal
- ❑ Brown rice
- ❑ Quinoa
- ❑ Instant couscous
- ❑ Pasta

CEREALS

- ❑ Dry cereals *(granola, cornflakes)*
- ❑ Crackers *(whole grain)*
- ❑ Rice cakes

GRAIN-BASED SNACKS

- ❑ Granola bars
- ❑ Protein bars
- ❑ Whole grain tortilla chips

CONDIMENTS & ESSENTIALS

CONDIMENTS

- ❑ Salt & pepper
- ❑ Sugar & honey
- ❑ Vinegar
- ❑ Ketchup
- ❑ Mustard
- ❑ Hot sauce

COOKING ESSENTIALS

- ❑ Olive oil
- ❑ Vegetable oil
- ❑ Baking powder
- ❑ Baking soda
- ❑ Flour

DAIRY & ALTERNATIVES

SHELF-STABLE DAIRY

- ❑ Powdered milk
- ❑ Evaporated milk
- ❑ Sweet condensed milk

PLANT-BASED MILKS

- ❑ Shelf-stable almond milk
- ❑ Shelf-stable soy milk
- ❑ Shelf-stable coconut milk

DRY & DEHYDRATED FOODS

DEHYDRATED MEALS

- ❑ Instant mashed potatoes
- ❑ Dried Soup mixes
- ❑ Freeze-dried meals *(camping food)*

DRY BEANS & LENTILS

- ❑ Black beans
- ❑ Lentils
- ❑ Chickpeas
- ❑ Split peas

GRAINS & SEEDS

- ❑ Dried quinoa
- ❑ Dried bulgur
- ❑ Chia seeds
- ❑ Flaxseeds

SNACKS & SWEETS

SHELF-STABLE SNACKS

- ❑ Trail mix
- ❑ Nuts *(almonds, walnuts, peanuts)*
- ❑ Dried fruits *(raisins, apricots, cranberries)*
- ❑ Popcorn (pre-popped)

SWEET TREATS

- ❑ Chocolate bars
- ❑ Hard candies
- ❑ Fruit snacks
- ❑ Energy bars

READY-TO-EAT & INSTANT FOODS

READY-TO-EAT MEALS

- ❑ MREs *(Meals Ready-to-Eat)*
- ❑ Canned pasta meals

INSTANT FOODS

- ❑ Instant noodles
- ❑ Instant rice
- ❑ Instant oatmeal

BEVERAGES

HYDRATION ESSENTIALS

- ❑ Bottled Water
- ❑ Electrolyte drinks *(powder or liquid)*
- ❑ Shelf-stable juice boxes

HOT BEVERAGES

- ❑ Instant coffee
- ❑ Tea bags
- ❑ Hot chocolate mix

CANNED FOODS

CANNED VEGETABLES

- ❑ Green beans
- ❑ Corn
- ❑ Peas
- ❑ Carrots
- ❑ Spinach

CANNED FRUITS

- ❑ Peaches
- ❑ Pineapple
- ❑ Pears
- ❑ Applesauce

CANNED PROTEINS

- ❑ Tuna
- ❑ Salmon
- ❑ Chicken
- ❑ Sardines
- ❑ Beans *(black, kidney, chickpeas, lentils)*

CANNED MEALS

- ❑ Soups *(chicken noodle, vegetable, tomato)*
- ❑ Stews (beef stew, chili)
- ❑ Pasta meals *(spaghetti, ravioli)*

JARRED GOODS

- ❑ Nut butters *(peanut butter, almond butter)*
- ❑ Pasta sauce
- ❑ Salsa
- ❑ Jams & preserves

Checklist for Your 21-Day Emergency Food Kit

Reminders: Check rotation when time changes or every 2 months.
If you use items from this box, be sure to replace them.

My must have comfort food:

1.
2.
3.
4.
5.

Utensils and tools for cooking:

Cookware:

Serve ware:

Condiments:

Protein: (21 days min)

Carbs (daily)

Greens (Include 5 days)

Fruit (Include 5 days)

Beverages: (Exclusive of Water) (Include 21 days)

Allergies:

Specific others:

Find more information, visit: www.neighborsready.org/plan-food.html