

Emergency Food Supply Checklist

Long-Term Shelf Stable Foods

Grains:

Rice

Quinoa

Oats

Pasta

Legumes:

Beans (black, pinto, garbanzo)

Lentils

Peas

Canned Goods:

Vegetables

Fruits

Meats (chicken, turkey, beef)

Fish (tuna, salmon, sardines)

Dairy or Alternatives:

Powdered Milk
Shelf-stable Plant-based Milk

Baking Ingredients:

Flour
Sugar
Baking Powder
Baking Soda
Arrow Root Powder

Cooking Oils:

Olive Oil
Vegetable Oil

Spices and Seasonings:

Salt
Pepper
Your favorite herbs and spices

Ready-to-Eat Foods:

Pre-packaged Meals (MREs)

Granola Bars

Nut Butters

Crackers

Dried Fruits and Nuts

Honey or Syrup

Drinks:

Coffee

Tea

Shelf-stable Juice Boxes

Powdered Drink Mixes

Baby and Specialized Foods:

Baby Formula

Baby Food Jars

Gluten-free or Allergy-safe Foods

Pet Supplies:

Dry Food

Canned Foods

Vitamin Supplements

Special Diet Requirements

Specific Animal Diets

(Specific to birds, rodents, cats, dogs, etc.)