Emergency Food Supply Checklist

|  |  |  |
| --- | --- | --- |
|  | Pantry | NOTES |
|  | Canned Goods |  |
|  | Tomatoes |  |
|  | * + Whole |  |
|  | * + Diced |  |
|  | * + Pureed |  |
|  | Tomato/Spaghetti Sauce |  |
|  | Beans |  |
|  | * + Black |  |
|  | * + Kidney |  |
|  | * + Pinto |  |
|  | * + Garbanzo |  |
|  | Fruit |  |
|  | * + Peaches |  |
|  | * + Pineapple |  |
|  | * + Pears |  |
|  | * + Pumpkin |  |
|  | Green Beans |  |
|  | Corn |  |
|  | Black olives |  |
|  | Chilies |  |
|  | Soup |  |
|  | Chili |  |
|  | Chicken breast |  |
|  | Tuna |  |
|  | Salmon |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Baking Needs |  |
|  | Flour |  |
|  | * + Corn |  |
|  | * + Unbleached white |  |
|  | * + Whole wheat |  |
|  |  |  |
|  | Baking Powder |  |
|  | Cocoa Powder |  |
|  | Baking Soda |  |
|  | Yeast |  |
|  | Chocolate Chips |  |
|  | Powdered Sugar |  |
|  | Cane Sugar |  |
|  | Brown Sugar |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Rice |  |
|  | Brown |  |
|  | White |  |
|  |  |  |
|  |  |  |
|  | Barley |  |
|  | Pasta |  |
|  |  |  |
|  |  |  |
|  | Beans |  |
|  | Dried beans in bulk for the pressure cooker or instapot |  |
|  |  |  |
|  | Broths |  |
|  | Beef |  |
|  | Chicken |  |
|  | Vegetable |  |
|  | Dinner Sauces and other Additions |  |
|  | Stir Fry Sauce |  |
|  | Organic Soy Sauce |  |
|  | Curry Sauce |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Parmesan |  |
|  | Raisins |  |
|  | Sweets |  |
|  | Honey |  |
|  | Sweetened Condensed Milk |  |
|  | Candy |  |
|  |  |  |
|  |  |  |
|  | Oils |  |
|  | Coconut |  |
|  | Olive |  |
|  | Avocado |  |
|  |  |  |
|  |  |  |
|  | Dried Herbs and Spices |  |
|  | Salt |  |
|  | Pepper |  |
|  | Oregano |  |
|  | Chili Powder |  |
|  | Turmeric |  |
|  | Curry Powder |  |
|  | Basil |  |
|  | Thyme |  |
|  | Tarragon |  |
|  | Garlic Powder |  |
|  | Dried Onions |  |
|  | Dried Garlic |  |
|  |  |  |
|  |  |  |
|  | Drinks |  |
|  | Tea and Coffee |  |
|  | Hot Chocolate Mix |  |
|  | Other Drinks |  |
|  |  |  |
|  |  |  |
|  | Breakfast Dried Foods |  |
|  | Oats |  |
|  | Cereal |  |
|  | Pancake Mix |  |
|  | Syrup |  |
|  | Grits |  |
|  | Cream of Wheat |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Lunch Dried/canned Ingredients |  |
|  | Peanut Butter |  |
|  | Jam |  |
|  | Boxed Mac n Cheese |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Refrigerator Replacements |  |
|  | Powdered milk |  |
|  | Dry salad dressing mix |  |
|  | Mustard Powder |  |
|  | Mustard |  |
|  | Ketchup |  |
|  |  |  |
|  |  |  |
|  | Snacks |  |
|  | Granola Bars |  |
|  | Fruit Snacks |  |
|  | Crackers |  |
|  | Jerky |  |
|  | Salsa |  |
|  | Trail Mix |  |
|  | Chips |  |
|  | Pretzels |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Freezer |  |
|  | Vegetables |  |
|  | * Green Beans |  |
|  | * Brocolli |  |
|  | * Cauliflower |  |
|  | * Peppers and Onion Stir Fry mix |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Meat and pork |  |
|  | * Roasts |  |
|  | * Ground Beef |  |
|  | * Pork Roast |  |
|  | * Bacon |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Poultry |  |
|  | * Chicken Thighs |  |
|  | * Chicken Breast |  |
|  | * Whole Chickens |  |
|  |  |  |
|  | Seafood |  |
|  | * Salmon |  |
|  | * Shrimp |  |
|  |  |  |
|  | Tortillas |  |
|  | Butter |  |
|  | Cheese |  |
|  | * Pepper jack |  |
|  | * Cheddar |  |
|  | * Mozzarella |  |
|  |  |  |
|  | Nuts |  |
|  |  |  |
|  | Water – 1 Gallon/person/day |  |
|  |  |  |
|  | Don’t Forget Pet Food or Baby Food needs! |  |