

# Emergency Food Storage

## Basic Beginning Checklist

### I. STOCK PANTRY with everyday foods. Rotate by using the “first in first out” principle.

- Flour, sugar, coffee, and tea
- Canned soups & chili (*couple dozen*)
- Boxes and bags of dry cereals
- Glass jars of favorite pasta sauces (*spaghetti, alfredo*)
- Peanut butter and jelly & jam (*4 large jars of peanut butter*)
- Jello and pudding mixes (*with real sugar*)
- Favorite spices: extra salt, pepper, garlic powder, basil, cumin, bay leaves, chili powder, etc.

### II. STOCK REFRIGERATOR – Refrigerate important foods to increase shelf life.

- Canned meats (*Tuna in oil, chicken breast, Ham, beef, SPAM, Turkey SPAM, Salmon, sardines in oil,*)
- Vegetable oil (*4 large containers*)

### III. HAVE SIX 5-GALLON BUCKETS OF DRY FOOD sealed with oxygen absorbers.

- Oat Meal** (*WinCo*)
  - 25 lb sack of oatmeal with a pack of brown sugar and a freeze-dried sack of power milk
  - Two 25 lb sacks will fill three 5-gallon buckets
- Rice** (*WinCo, Costco, Walmart*)
  - 25 or 30 lbs. white long grain
  - If space, place 1-gallon ziploc bag of *Minute Rice* on top
- Beans** (*WinCo*) Variety of beans with favorite recipes (*smaller beans cook quicker*)
  - Pinto beans
  - White navy beans
  - Small red beans
  - Black beans
- Variety of Grains and other seeds** in sacks with favorite recipes placed in bucket (*WinCo*)
  - Barley
  - Pop corn
  - Split peas
  - Lentils
- Pastas** (*WinCo*) Variety of pastas
  - 10 packages of angel hair noodles (*quicker cooking than spaghetti*)
  - Variety of 1-4 lb packages different pastas (*macaroni, noodles, rotini, etc.*)
- Whole Wheat**
  - 25 lb of whole grain Hard Red Wheat (*Spokane Home Storage Center or WinCo*)
  - Fill space with 10 lbs. of additional wheat or *small bags of other grains*.

### IV. HAVE #10 CANS OF DRY FOOD – 24 cans or two cases (*Walmart or on-line*)

- Instant mashed potatoes (*potato flakes*)
- Flour
- Instant non-fat milk
- Dehydrated onions and other vegetables
- Scrambled eggs
- Spaghetti sauce, tomato sauce, alfredo sauce
- Sour cream
- Cheddar cheese
- Chicken, beef, and sausage chunks or chicken and beef flavored TVP