

EMERGENCY SHOPPING LIST

CANNED FOODS

- Black beans
- Kidney beans
- Cannellini beans
- Garbanzo beans
- Refried beans
- Diced tomatoes
- Tomato sauce
- Soups
- Canned tuna fish
- Canned chicken
- Marinara sauce

PASTAS & GRAINS

- Pasta
- Boxed Macaroni and Cheese
- Rice
- Lentils
- Quinoa
- Instant Mashed Potatoes- *just add water!*

PANTRY LIQUIDS

- Shelf Stable Milk - *we like Horizon Organics*
- Water
- Fruit Juices
- Electrolyte Drinks

BREAKFAST FOODS

- Cereal
- Pancake Mix / Baking Mix
- Granola Bars
- Energy Bars
- Oatmeal
- Dried Fruits and Nuts
- Nut Butters - *peanut and almond*
- Jelly or Jam

SNACK FOODS

- Popcorn - *microwave or whole kernel*
- Pretzels
- Crackers
- Pouches or Apple Sauce
- Other Family Favorites - *this is comfort food.*

FROZEN FOODS

- Frozen Chicken
- Frozen Ground Beef or Turkey
- Bacon - *buy a big pack and freeze half*
- Frozen Veggies - *broccoli, corn, peas, green beans.*
- Frozen Fruit - *berries & bananas*
- Frozen Pizza
- Frozen Meals - *chicken pot pies, lasagna, chicken tenders, whatever your family likes.*

LONG LIFE FRUITS & VEGGIES

- Carrots
- Celery
- Onions
- Potatoes
- Apples - *keep in the fridge*
- Citrus
- Unripe Avocados - *keep in the fridge*

ADDITIONAL ITEMS

- Cheese - *blocks last longer than shredded.*
- Eggs - *have a decent shelf life in fridge.*
- Bread & Tortillas - *keeps longer in the fridge*
- Cooking Oil - *olive, coconut, butter, etc.*
- Flour - *all purpose*
- Active Dry Yeast
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