

Emergency Food Supply List

Canned Food

- Corn
- Green beans
- Carrots
- Peas
- Mandarin oranges
- Applesauce
- Tuna
- Chicken
- Beef

Grains & Baking Supplies

- Flour
- Sugar
- Corn meal
- Yeast
- Baking powder
- Baking soda
- Cocoa powder
- Oats
- Pasta

Spices & Condiments

- Salt
- Pepper
- Garlic powder
- Onion powder
- Seasoning salt
- Italian seasoning
- Ketchup
- Mustard
- Mayo
- Ranch dressing
- Pasta sauce

Shelf Stable Dairy & Oils

- Evaporated milk
- Powdered milk
- Ghee
- Olive oil
- Avocado oil
- Coconut oil

- Lard

Beverages

- Water
- Coffee
- Tea
- Water flavoring

Snacks

- Peanut butter
- Jelly
- Beef jerky
- Granola bars