

GROCERY LIST

Emergency Foods

Looking to stock your kitchen for a potential emergency? We're sharing a pantry staples grocery list that will prepare your cabinets for anything.

Below you'll find a list of healthier shelf-stable foods as well as fresh fruits and vegetables that we recommend that can be easily frozen for later. Make sure to pay attention to expiration dates so no food goes to waste!

pro tips:

1. Buy in bulk, it will save you money and the planet!
2. Make sure to buy shelf-stable foods that will last in your cabinets for longer periods of time.
3. Don't be afraid to purchase fresh fruits and vegetables that can be easily frozen. They're the last to go during emergencies.

CANNED FOODS

Beans (any kind)
Hominy
Canned Corn
Tomato Sauce
Diced Tomatoes
Pumpkin Puree
Green Beans
Salsa

FROZEN FOODS

Vegetable medley
Strawberries
Blueberries
Corn
Spinach
Peas
Broccoli
Cauliflower

POULTRY/MEAT

Chicken
Fish (salmon and white)
Pork
Beef

DEHYDRATED FOOD

Powdered milk
Powdered eggs
Vegetables
Fruit (blueberries, banana, etc.)

PACKAGED FOODS

Dry pasta
Quinoa
Rice (white or brown)
Broth (chicken or veg)
Marinara sauce
Apple cider vinegar
Shelf-stable almond milk
Pancake mix
Oatmeal
Applesauce
Dried fruit
Honey
Maple syrup
Olive oil
Coconut oil
Vanilla extract
Brown sugar
Coconut sugar

White whole wheat flour
Gluten-free flour
Chocolate chips
Baking soda/powder
Ramen noodles
Mac and cheese
Coffee and tea
Lentils

FRESH FOODS

Potatoes (white and sweet)
Parsnips
Beets
Onions
Garlic
Carrots
Berries
Bananas

SPICES

Salt
Pepper
Garlic powder
Chili powder
Ground cinnamon
Taco Seasoning
Chili Seasoning