

FOODS TO STOCKPILE CHECKLIST



Aim for a minimum of a three-day food and water supply. The more, the better!

WATER

- ☐ Water
- ☐ Water purification tablets
- ☐ Water filters/pitcher

DEHYDRATED FOODS

- ☐ Dried Beans
 - ☐ Pinto beans
 - ☐ Black beans
 - ☐ Great Northern beans
 - ☐ Garbanzo beans
 - ☐ Kidney beans
- ☐ Cereals (Breakfast + hot cereals like Cream of Wheat and oatmeal)
- ☐ Dried Nuts
- ☐ Dried Whole Grains
 - ☐ Wheat
 - ☐ Rye
 - ☐ Corn
 - ☐ Buckwheat
 - ☐ Millet
 - ☐ Barley
 - ☐ Quinoa
 - ☐ Oatmeal
- ☐ Flour (unbleached)
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Pasta
 - ☐ Spaghetti
 - ☐ Linguini
 - ☐ Fettuccine
 - ☐ Rigatoni
 - ☐ Egg Noodles
- ☐ Rice (long-grain wild rice)
- ☐ Dehydrated fruits (process your own or from the store)
- ☐ Dehydrated vegetables (process your own or from the store)



POWDERED FOODS

- ☐ Powdered Milk
- ☐ Powdered Butter
- ☐ Powdered Eggs
- ☐ Powdered Cheese
- ☐ Powdered Potatoes
- ☐ Other Powdered Vegetables
- ☐ Powdered Honey

CANNED FOODS

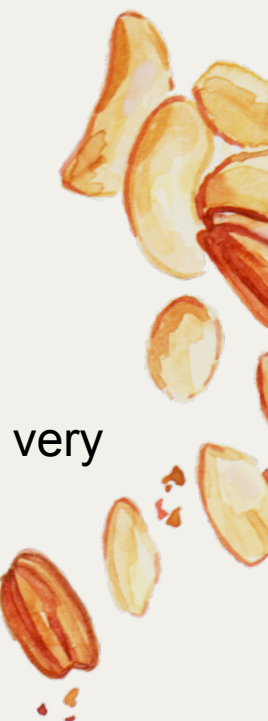
Home-canned foods are preferred for stockpiling. Shop-bought cans are a good plan B. Contrary to popular belief, canned foods usually last indefinitely, as long as the can is in good condition. The expiry date on the cans is usually for freshness and flavour only. Good to know!

- ☐ Canned Soups
- ☐ Canned Pasta Sauces
- ☐ Canned Fruit
- ☐ Canned Vegetables
- ☐ Canned Tuna
- ☐ Canned Chicken
- ☐ Canned Beef



PREPARED FOODS AND MRES

- ☐ Apple Cider Vinegar (Organic With the Mother)
- ☐ Cold Pressed Coconut Oil
- ☐ Peanut Butter
- ☐ Other Nut Butters
- ☐ Raw Honey
- ☐ Hot Sauce
- ☐ Beef Jerky
- ☐ Other Jerky Like Turkey, Chicken, and Fish
- ☐ Protein Bars
- ☐ MREs (mainly for last resort, but they can be very helpful and last a very long time)



BOOZE

Never spoils. Use for bartering, medicinal purposes, herbal tinctures, stress relief, etc.

- ☐ Vodka
- ☐ Bourbon
- ☐ Gin
- ☐ Your Choice of Liquor

HERBS AND SPICES

- ☐ Salt (Unprocessed and unbleached, like Himalayan sea salt)
- ☐ Pepper
- ☐ Garlic
- ☐ Basil
- ☐ Cayenne
- ☐ Allspice
- ☐ Anise
- ☐ Bay leaf
- ☐ Oregano
- ☐ Mustard
- ☐ Cinnamon
- ☐ Clove
- ☐ Cilantro
- ☐ Nutmeg
- ☐ Parsley
- ☐ Horseradish
- ☐ Wasabi



COFFEE + HERBAL AND MEDICINAL TEA

- ☐ Coffee
- ☐ Chamomile
- ☐ Dandelion
- ☐ Lavender
- ☐ Turmeric
- ☐ Ginger
- ☐ Mint
- ☐ Elderberry



TIPS TO INCREASE YOUR FOOD SECURITY

- Grow a vegetable garden
- Plant fruit and nut trees
- Dehydrate excess fresh produce or products you buy on special
- Learn canning. Almost all food can be canned!
- Purchase a vacuum sealer and freeze foods
- Consider raising animals for a fresh supply of eggs, milk, and meat
- Remember to label and date your stockpile. Use your oldest items first!

RECOMMENDED PRODUCTS

- Dehydrator
- Pressure canner
- Mason Jars
- Vacuum Sealer
- Quality pest-proof storage containers
- Freezer
- Freeze dryer (if you can afford it)

