



42



Pantry Foods to Stock for



EMERGENCIES



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42 Pantry Foods to Stock for Emergencies

Don't be caught unprepared during the next emergency whether personal, local, state, national or world. Use this robust list of pantry foods as a guide to create a supply of self-stable foods for emergencies. While it may not be practical to stock all of these items because of space constraints, choose a few from each category to stock in your home. You should strive to have a two-week supply of food for each member of your household to include pantry, refrigerator and freezer food.

1. Canned Beans

- kidney beans
- black beans
- white beans
- pinto beans
- garbanzo beans
- cannellini beans
- baked beans
- pork & beans
- refried beans



2. Dried Beans and Legumes

- lentils
- split peas
- navy beans
- lima beans
- kidney beans
- great northern beans
- fava beans
- 15-bean soup



3. Canned Fruit

- applesauce
- pineapple
- pumpkin
- peaches
- pears
- fruit cocktail
- mandarin oranges
- grapefruit segments
- apricots



4. Canned Vegetables

- corn
- whole green beans, cut green beans, French-style green beans
- peas
- mushrooms
- artichokes
- beets
- carrots
- mixed vegetables
- 3-bean salad
- diced green chilis
- asparagus
- jarred roasted red peppers
- potatoes
- spinach



5. Canned Tomatoes

- whole
- stewed
- diced
- crushed
- sauce
- paste
- salsa



6. Jarred Sauces

- Spaghetti sauce
- Alfredo sauce
- Vodka sauce
- Butter sauce
- Tikka Masala
- Barbeque sauce
- Pizza sauce
- Madras curry sauce
- Pad Thai sauce
- Pesto sauce
- Marsala sauce
- Peanut sauce



7. Canned Milk and Shelf-Stable Milk

- evaporated
- sweetened condensed
- coconut
- coconut cream
- whole and skim milk
- whipping cream
- almond
- soy
- oat
- coconut
- creamer



8. Alcohol (for cooking)

- red wine
- bourbon
- rum
- tequila
- vodka



9. Nuts

- peanuts
- walnuts
- almonds
- pecans
- cashews
- trail mix



10. Dried Fruit

- raisins
- cranberries
- apricots
- mango
- prunes (plums)
- dates
- coconut
- figs
- cherries



11. Cereal and Oatmeal (regular and instant)



12. Bottled Salad Dressings (not refrigerated and unopened)

- Italian
- Ranch
- Thousand Island
- Caesar
- Balsamic
- Honey Mustard
- French
- Greek



13. Condiments

- yellow mustard
- Dijon mustard
- ketchup
- mayonnaise
- sundried tomatoes
- tartar sauce
- horseradish
- hot sauce
- soy sauce
- Worcestershire sauce



14. Pickled Foods

- whole dill pickles
- sliced dill pickles
- bread & butter pickles
- whole sweet pickles
- baby gherkins
- pickle relish
- black olives
- green olives
- kimchi
- sauerkraut
- capers
- giardiniera
- piccalilli
- Mexican pickled carrots
- and just about every other vegetable!



15. Honey and Syrups

- honey
- maple syrup
- corn syrup
- molasses
- treacle (golden syrup)



16. Jams, Jellies and Preserves

- blackberry
- blueberry
- grape
- strawberry
- raspberry
- orange marmalade
- jalapeno jelly
- chutney
- cranberry sauce
- apple butter
- lemon curd



17. Herbs & Spices (this is not a complete list; just the basics!)

- salt
- black pepper
- Jane's Krazy Salt
- Italian Seasoning
- chili powder
- Mexican seasoning
- Greek seasoning
- garlic powder
- cumin
- dill weed
- onion powder
- cinnamon
- nutmeg
- curry powder
- paprika



18. Vinegar

- distilled white vinegar
- red wine vinegar
- balsamic vinegar
- apple cider vinegar
- rice wine vinegar



19.Oil

- canola oil
- olive oil
- coconut oil
- non-stick cooking spray
- vegetable shortening
- ghee (clarified butter)



20.Pasta and Noodles

- spaghetti
- macaroni
- fettuccini
- ziti
- lasagna
- shells
- rigatoni
- penne
- bow tie
- extra wide egg noodles
- dried tortellini
- ramen



21.Broth, Stocks and Soups

- chicken broth and/or stock
- beef broth and/or stock
- vegetable broth and/or stock
- bouillon cubes
- chicken base
- instant soup mixes
- canned soup
- soup mixes



22.Boxed, Jarred or Packaged Chicken and Turkey Gravy

23.Instant Mashed Potatoes, Boxes of Dried Mac & Cheese

24. Baking Supplies

- flour
- sugar
- brown sugar
- powdered sugar
- baking powder
- baking soda
- cornstarch
- yeast
- corn meal
- vanilla
- baking cocoa
- cultured buttermilk powder
- powdered gelatin



25. Baking Mixes

- brownie mix
- muffin mix
- scone mix
- pudding mix
- biscuit mix
- pancake mix
- cookie mix
- cake mix
- mug cake mix
- bread mix



26. Nut Butters

- peanut butter
- almond butter
- cashew butter
- chocolate hazelnut spread
- sunflower butter
- walnut butter
- pistachio butter
- Brazil nut butter



27. Canned Seafood, Poultry, Meat and Ham

- deviled ham
- canned ham
- roast beef hash
- water-packed tuna
- salmon
- crab
- chicken
- Spam
- Vienna sausages
- anchovies
- canned bacon
- canned hamburger
- canned beef taco filling
- canned pulled pork
- canned beef chunks
- canned pork chunks



28. Dried Meat (read the label to make sure refrigeration not required!)

- salami
- summer sausage
- beef jerky
- pepperoni

29. Chips

- tortilla
- potato
- corn
- pita
- pretzels
- vegetable
- cheese curls
- popcorn



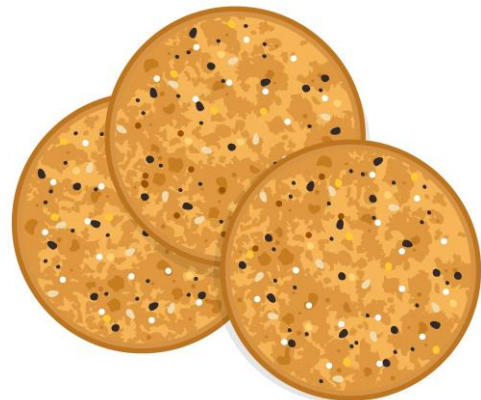
30.Grains

- rice
- wild rice blend
- brown rice
- Spanish rice
- jasmine rice
- basmati rice
- arborio
- couscous
- wheat berry
- quinoa
- barley
- polenta



31.Crackers

- soda crackers
- wheat crackers
- mini toasts
- water crackers
- multigrain crackers
- seed crackers
- matzo crackers
- oyster crackers
- club crackers
- rice crackers
- buttery rounds
- crispbread
- cheese crackers
- graham crackers



32.Pantry Produce

- russet potatoes
- sweet potatoes & yams
- red, yellow and white onions
- whole garlic



33.Snacks

- snack packs
- granola bars
- toaster pastries
- snack cakes
- fruit leathers
- snack mix
- granola



34.Cookies (a short list!)

- chocolate chip cookies
- oatmeal cookies
- biscotti
- pecan sandies
- snickerdoodles
- animal crackers
- ginger snaps
- sugar cookies
- shortbread cookies
- sandwich cookies
- peanut butter cookies
- vanilla wafers



35.Beverages

- coffee
- tea
- hot chocolate mix



36.Cheese (this is a list of shelf-stable cheese products)

- grated Parmesan
- Velveeta
- Cheez Whiz
- jarred Queso dip
- jarred pimento cheese
- Old English Sharp Cheddar cheese



37. Bread

- sandwich bread
- French bread
- croutons
- hot dog, hamburger, slider buns
- rolls
- boxed cornbread stuffing
- biscuits
- tortillas
- naan
- pita bread
- bagels
- breadcrumbs: plain and panko



38. Sweets

- chocolate chips
- baking chocolate
- marshmallows
- marshmallow crème
- Jell-O
- canned frosting
- canned pie filling



39. Extras

- whey protein powder
- fiber supplement powder
- smoothie powder

40. Pet Food

- dry food
- canned food
- trayed food
- pouch food
- snacks
- treats
- pill pockets



41. Water (bottled drinking water)

- 16 ounce
- half-gallon
- gallon-size
- distilled



42. Food Storage

- aluminum foil
- plastic wrap
- wax paper
- parchment paper
- plastic snack bags
- plastic sandwich bags
- plastic quart-size freezer bags
- plastic gallon-size freezer bags
- brown paper lunch bags*
- coffee filters*
- cheesecloth
- kitchen twine



43. Cleaning Products

- disinfectant
- hand soap
- dish soap
- dishwasher soap
- all-purpose cleaner
- disinfecting wipes
- sponges



Oops! That's 43! Consider it a "bonus." Also, the asterisk (*) on the brown paper lunch bags and coffee filters listed above are to have handy for storing homemade face masks in after use (brown paper lunch bags) and to use as an extra "filter" (coffee filter) when wearing a homemade face mask.

So, there you have it – a list of 42 Pantry Foods for Emergencies. As you work to improve your pantry, here are a few tips about your pantry food choices:

1. Choose foods your family will eat. There's no sense in stocking your pantry with food that your family refuses to eat.
2. Keep “*like*” products together. For example, put all your canned beans in one place and all your cake boxes in another. That way you can easily figure out what you have and what you need to augment.
3. Mind the expirations date! When choosing your food, make note of the expiration date. Put the products with a closer expiration date towards the front of your pantry for easy access and put the products that expire later towards the back.
4. Periodically rotate the food in storage with food just purchased so that your stored food is always viable to use and so you don't have to throw away unused boxes and cans of food.



About the Author

Carole Burkhard is the founder, content creator and photographer of the blog, Toot Sweet 4 Two. Launched the summer of 2012, [Toot Sweet 4 Two](#) is a lifestyle blog with an emphasis on food and recipes. A self-taught home cook, the basic foundation of her cooking experience was through helping her father and mother in the kitchen.

Married to Charlie (25+ years), her main recipe ‘tester’, Carole cooks every day and loves to experiment and create something new. Charlie and Carole have had many pets over the years, but their current, one-and-only pet is [a boy named Coco](#), their beloved and very spoiled Snowshoe Siamese cat. His picture pops up on the blog with relative frequency AND for a Coco overload, visit [MEET COCO](#) on Carole’s site.



Creating this eBook, *42 Pantry Foods to Stock for Emergencies*, has been a labor of love to the online community. In curating this collection of tips for readers, Carole hopes to inspire women everywhere as they have inspired her. Hop over to Carole’s website and join her often at [Toot Sweet 4 Two](#).

COOK + CREATE + INSPIRE

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