

STOCK YOUR PANTRY

FOR AN EMERGENCY (2-MONTH SUPPLY)

GRAINS

ITEM

- 5 pounds rice/quinoa/grains
 - 12 pounds pasta
 - 48 ounces oatmeal
 - 4 boxes crackers
 - 6-8 boxes cereal
 - 4 loaves bread (can be frozen)
 - 12 count english muffins (can be frozen)
 - 36 count tortillas
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PROTEIN

ITEM

- 6 jars nut butter (almond, cashew or peanut)
 - 16 cans canned beans
 - 8-12 cans canned meat (tuna, chicken, salmon)
 - 4 pounds nuts (almond, walnut, cashew)
 - 16 ounces seeds (sunflower, hemp, flax)
 - 36 count granola bars/protein bars
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VEGETABLES/FRUIT

ITEM

- 12 cans canned tomatoes
 - 4 cans canned pumpkin
 - 96 ounces applesauce
 - 24 ounces dried fruit (apricots, dates, raisins, apples)
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FROZEN

ITEM

- 8 bags frozen vegetables (corn, peas, beets)
- 8 bags frozen fruit (blueberries, strawberries, peaches)

LIQUID

ITEM

- 12 cans canned coconut milk
- 16 boxes low sodium broth (chicken, beef, vegetable)
- 64 ounces olive oil or coconut oil or ghee