

Preparedness Pantry Grocery Checklist for a Family

Grains and Starches

- White rice
- Brown rice
- Pasta
- Oats
- Flour
- Cornmeal
- Instant potatoes
- Pancake mix
- Bread crumbs
- Crackers

Canned and Jarred Goods

- Canned vegetables
- Canned fruits
- Canned beans
- Canned proteins
- Canned soups
- Tomato products
- Pasta sauce
- Peanut butter
- Jam or honey

Baking and Cooking Essentials

- Sugar
- Salt
- Baking soda
- Baking powder
- Yeast
- Powdered milk

- Shortening or oils
- Cocoa powder
- Vinegar
- Syrups

Proteins and Pantry Fillers

- Dried beans and lentils
- Rice and bean mixes
- Shelf-stable tofu or TVP
- Freeze-dried meats
- Powdered eggs

Spices and Condiments

- Salt & pepper
- Garlic powder
- Onion powder
- Chili powder
- Italian seasoning
- Bouillon cubes
- Soy sauce
- Hot sauce
- Ketchup
- Mustard

Comfort and Snack Foods

- Instant coffee or tea
- Cocoa mix
- Drink mixes
- Chocolate or candy
- Cookies
- Granola bars
- Popcorn

- Nuts and seeds

Beverages

- Bottled water
- Shelf-stable milk
- Juice boxes
- Sports drinks

Non-Food Supplies

- Paper towels
- Toilet paper
- Trash bags
- Dish soap
- Cleaning wipes
- Foil & plastic wrap
- Matches
- Flashlights
- Batteries
- Manual can opener

Optional Freezer & Fridge Add-Ons

- Butter & cheese
- Frozen meats & vegetables
- Frozen bread
- Eggs
- Milk

Pet Supplies

- Pet food
- Treats
- Water & feeding bowls
- Waste bags or litter