

3 Month Food and Supply List

Canned/Bottled Food

Applesauce
Beans - black, great northern, kidney, pinto, etc.
Broth - beef, chicken
Fruits - fruit cocktail, mandarin oranges, peaches, pears, pineapple
Green chilies
Jam and Jelly
Ketchup
Meats - beef, chicken, ham, etc.
Mushrooms
Olives
Peanut butter
Prepared entrées - chili, ravioli, spaghetti, soups, stews, etc.
Salsa Sauces - Alfredo, cheese, picante, spaghetti, etc.
Soups - condensed chicken, mushroom, celery, etc.
Tomatoes - diced, paste, sauce, stewed

Dried Fruits & Veggies

Apples, Apricots, Raisins,
Cranberries, Dates, Prunes
Carrots, Celery, Onions
Garlic, Peppers (bell, hot, etc.)
Tomatoes

Starches

Bread - pita, sandwich
Bread crumbs, dry
Crackers - graham, soda, etc.
Croutons
Noodle mixes
Pasta - noodles, macaroni, penne, spaghetti, etc.
Rice, instant
Rice mixes
Stuffing mix

Seasoning

Bouillon granules - beef, chicken
Browning and seasoning sauce
Hot pepper sauce
Onion soup mix
Seasoned salt
Soy sauce
Taco seasoning
Vinegar - balsamic, cider, red wine, white, etc.
Worcestershire sauce

Baking Ingredients

Baking chips - butterscotch, milk chocolate, semisweet, white, etc.
Baking chocolate squares (semisweet, unsweetened)
Baking powder
Baking soda
Cocoa
Coconut
Corn meal
Corn syrup
Cornstarch
Cream of tartar
Extracts - almond, maple, mint, vanilla
Flour - all-purpose, bread, etc
Food coloring
Gelatin - flavored, plain. Honey
Marshmallows
Milk - evaporated, sweetened condensed
Molasses
Nonstick cooking spray
Nuts - almonds, peanuts, pecans, walnuts
Oil - olive, vegetable
Pie filling
Salt and Pepper
Shortening
Spices - cinnamon, ginger, nutmeg, etc.
Sugar - brown, confectioners', granulated
Tapioca, quick-cooking
Yeast

Baking Mixes

Biscuit
Brownie
Cake
Corn bread
Frosting, canned
Muffin
Pancake
Pudding, instant
Quick bread

Long-Term Items

Dried beans - black, kidney, navy, pinto
Nonfat dry milk powder
Oats - regular, Instant
Potato - flakes, Pearls
Rice - instant, long grain etc.
Wheat - red or white
Egg powder

Essentials & Toiletries

Plastic Freezer Bags
Dish soap
Trash bags
Laundry Detergent
Dryer Sheets
Bleach
Toilet paper
Soap
Hand sanitizer
Toothbrushes
Toothpaste
Deodorant
Feminine products
Shampoo
Conditioner
Razors
Q-Tips
Cotton Balls
Basic over-the-counter medicines
First aid kit

IF YOU KEEP
THESE ITEMS IN
YOUR PANTRY
AND HOME AT
ALL TIMES, YOU
SHOULD BE
READY FOR ANY
EMERGENCY 😊