

EMERGENCY FOOD LIST

Baking Powder, baking soda, Yeast, other leavenings
Beans and peas (canned & dried)
Butter and margarine
Candy (hard)
Cereals
Cheese
Chocolate and cocoa
Condiments: mayonnaise, ketchup, mustard, soy sauce, etc.
Coffee
Cornmeal
Cornstarch
Eggs (fresh & powdered)
Fish and seafood (canned)
Flour
Fruits (canned, dried & fresh)
Honey
Jams and jellies
Juices (canned, bottled, & powdered mixes)
Macaroni, noodles, spaghetti, etc.
Meat (canned & dried)
Milk (canned & powdered non-fat)
Multiple vitamins with minerals
Non-dairy creamer
Nuts and seeds
Peanut butter
Pickles, olives, etc.
Pepper
Popcorn
Rice
Salad oil
Salt
Shortening
Soups (canned, dry mixes, & bouillon cubes & powders)
Spices, herbs, and flavorings
Sugar (white, brown, & powdered)
Syrups (corn, maple, molasses, etc.)
Tea
Vegetables (canned, dried, & fresh)
Vinegar

Ready-prepared foods:

Beef stew
Chili
Chinese dinners
Corned beef hash
Jerky
Meat with gravy
Quick macaroni & cheese
Ravioli
Spaghetti & sauce