

# Top 15 Foods to Stock Up on Now

Here are the top 15 foods you should buy to stock your Prepper Pantry. First, plan your purchases over the next 4 weeks by writing in what you want to buy. Then, as your budget allows, add 2 or more of these foods to your shopping cart each week until you have stocked the supply you need.



Date \_\_\_\_\_

	Item	Week 1	Week 2	Week 3	Week 4
1	<b>Baking Basics</b> - Including packaged yeast, baking powder, baking soda, barley malt, and vital wheat gluten				
2	<b>Beans</b> - Dried and canned				
3	<b>Beverages</b> - Bottled and canned				
4	<b>Chicken</b> - Canned and dehydrated				
5	<b>Fats</b> - Shelf-stable, including ghee, coconut oil, olive oil, and tallow				
6	<b>Fish</b> - Bottled, canned, and dehydrated				
7	<b>Fruits and Vegetables</b> - Bottled, canned, dried, and dehydrated				
8	<b>Meat</b> - Bottled, canned, dehydrated				
9	<b>Milk and Alternative Milks</b> - Powdered/dried, preferably low-temp dried with shelf-stable packaging. (Non-fat powdered/dried milk will be the most shelf-stable.)				
10	<b>Nuts and Nut Butters</b> (Choose butters preferably made with only roasted nuts and salt.)				
11	<b>Pasta</b> - Dried, all shapes and sizes (Choose pasta made with Durham Semolina flour.)				
12	<b>Rice</b> - White rice, such as long grain or basmati, will be the most shelf-stable				
13	<b>Salt</b> - Both iodized salt and sea salts				
14	<b>Sugar</b> - White, unrefined whole cane sugar, honey, molasses, maple syrup, etc.				
15	<b>Wheat Products</b> - All-purpose flour or bread flour, as well as the actual whole grain				

## Create Your Prepper Pantry

- [How to Stock Your Prepper Pantry with Real Food](#)
- [How to Build a 2-Week Emergency Food Supply](#)
- [Download my free 36-page Traditional Foods Pantry List](#)

## More Free Downloads

- [Top 15 Foods to Stock Up on Now](#) (explaining this checklist)
- [Stock Your Baking Pantry with the Best Ingredients](#)
- [Best Salts](#)
- [Best Sugars](#)

## Additional Resources

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