

Great Depression Pantry Shopping Guide

Like our ancestors who lived through the Great Depression, we need to be prepared for the unexpected when we cannot get foods or ingredients that we are used to. By stocking a Great Depression Pantry, **you'll be well prepared** to know how to cook and bake with a variety of ingredients, no matter what events may occur outside of your control. **Add a few extra items to your grocery** each week from the listed categories to build up your Great Depression Pantry over time and within your budget.



Date _____

	Item	Week 1	Week 2	Week 3	Week 4
1	Alternative Sweeteners - Including Date Syrup, Honey, Molasses, and Sorghum.				
2	Alternative Flours/Grains - Including Barley, Buckwheat, Cornmeal, Einkorn, Oats, Potato Flour, Rye, and Spelt.				
3	Rice and Beans - Including White Rice and Dried Beans.				
4	Canned Fruits and Vegetables - Variety, but choose from those without added sugars.				
5	Canned Meats, Chicken, and Fish - Variety, with fish being the most affordable.				
6	Tea and Coffee - Including <i>Chicory</i> ; <i>Coffee</i> , including whole beans, ground, and instant; and <i>Tea</i> , including black, green, and herb.				
7	Pasta - Choose from a variety.				
8	Peanut Butter - Choose a natural, chunky variety with only peanuts and salt.				
9	Popcorn - Choose a natural popcorn without added flavors.				
10	Shelf-Stable Fats - Including Coconut Oil, Ghee, and Tallow.				
11	Bonus Items - Including Salt, Pepper, Dried Herbs and Spices, and Homemade Seasoning Blends.				

Create Your Prepper Pantry

- [Stock Your Prepper Pantry with Real Food](#)
- [Build a 2-Week Emergency Food Supply](#)
- [Create an Herbal Medicine Cabinet](#)
- [Download my free 36-page Traditional Foods Pantry List](#)

More Free Downloads

- [Build Your Great Depression Pantry](#) (explaining this checklist)
- [Inventory Your Four Corners Pantry](#)
- [Stock Your Baking Pantry with the Best Ingredients](#)
- [Best Salts / Best Sugars](#)

Additional Resources

- [Subscribe to Mary's Nest on YouTube](#)
- [Subscribe to the Mary's Nest newsletter](#)
- [Join the Traditional Foods Kitchen Academy](#)
- [The Modern Pioneer Cookbook](#)