

Survival Pantry Checklist & Shopping Guide

Given our turbulent times, we must be prepared for the unexpected when we cannot get the food or supplies we are used to. By stocking a Survival Pantry, you'll be well prepared to make meals with real food in the event of a long-term emergency, which may limit your ability to obtain supplies. **Add a few extra items to your grocery each week** from the listed foods below to build up your Survival Pantry over time and within your budget.



Date _____

	Item	Week 1	Week 2	Week 3	Week 4
1	All-Purpose Flour				
2	Bread Flour				
3	Corn Starch (or Arrowroot)				
4	Baking Soda				
5	Baking Powder				
6	Vanilla Extract and other extracts				
7	Whole Spices				
8	Canned Beans				
9	Dried Beans				
10	Freeze-Dried Instant Coffee				
11	Black Tea				
12	Coconut Milk				
13	Coconut Cream				
14	Coconut Oil				
15	Ghee				
16	Durum Semolina Pasta				
17	Durum Semolina Egg Pasta				
18	Canned Fish and Canned Meats				
19	Canned and Aseptic Soups and Stews				
20	Sea Salt				
21	Iodized Salt				
22	Seasonings				
23	Honey and other liquid sweeteners				
24	Dry Sweeteners				
25	Canned Veggies and Fruits				
26	Dried Veggies and Fruits				
27	Whole Grains				
28	Rice				
29	Vinegar				
30	Fermented Soy Sauce				
31	Other				

• [Build Your Survival Pantry](#) (explaining this checklist)

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