

35 Items You Want in Your Food Storage (quick to sell out of stores, good shelf life, nutritious, ease of storage, comfort foods, ease of preparation)

Some of these are for long-term storage (LT) and some are short-term (ST).

1. **Water**—essential. Good idea to have a water filter. Store one gallon per day /per person, two weeks minimum.) You will also need water for cooking and cleaning.
2. **Pasta**—filling, nutritious, long shelf life (LT)
3. **Rice**—variety of cooking uses (avoid brown rice) (LT)
4. Canned soups—taste good, easy to prepare. In a pinch you can eat cold. (ST)
5. **Canned meat**—versatile, can be eaten cold (ST)
6. **Canned vegetables**—staple, nutritious, have a garden and can your own (ST)
7. **Canned fruit**—good shelf life, easy to store, no preparation (ST)
8. **Popcorn**—tasty treat, comfort food, long shelf life (LT)
9. **Salt**—long life, easy to store, additive, good to clean up spills (LT)
10. **Milk**—condensed/powdered—stores easily, long shelf life, cooking, baking, drinking (LT)
11. **Cereal**—easy to prepare, quick, easy meals, buy nutritional cereal (LT and ST)
12. **Beef jerky**—long life, easy to store, tastes good, most survival friendly (ST)
13. **Grains**—proper storage is key, used for baking, made into cereals (LT)
14. **Cooking oil**—necessary for cooking (ST)
15. **Sports drinks**—source of energy (ST)
16. **Nuts**—longlife, comfort food, nutritious, can make trail mix (ST)
17. **Pickles**—cukes, meat, veggies, eggs (ST)
18. **Dried fruit**—long life, easy to store, tastes good (ST)
19. **Spices**—from bland to delicious, store well, long life (buy in bulk section—Crystal Lite containers) (ST)
20. **Honey**—never goes bad, for baking & sweetening cereal (LT)
21. **Crackers**—snack, store well, choose whole grain (ST)
22. **Baking essentials**—flour, sugar, baking soda, baking powder (LT)
23. **Power bars**—long shelf life, good, nutritious snack (avoid chocolate covered) (ST)
24. **Instant rice**—convenient (LT)
25. **Hard candy**—quick burst of energy, nice treat (LT)
26. Dehydrated canned entrees—should not make up majority of your storage, long life, need only hot water (ST)
27. Juice powders—vitamin C (LT)
28. **Protein drinks**—provides nutrition, variety of flavors (ST)
29. **Peanut Butter**—cheap, easily stored, long life, nutritious, filling, kids love (LT)
30. **Long lasting treats**—Twinkies, PopTarts, etc, Not necessary for survival but comfort food (LT)
31. Salsa—long life, nutritious, adds flavor (ST)
32. **Ramen Noodles**—lightweight, cheap, long life, filling (downside—lots of sodium) (LT)
33. **Fresh fruit**—nice for first few days of emergency (ST)
34. **Baby food**—special needs food—essential (ST)
35. **Pet food**—everyone needs to eat (ST and LT)