



4Patriots

<https://products.4patriots.com>



Augason Farms

<https://augasonfarms.com>

ReadyWise

<https://readywise.com>



Ready Hour

<https://readyhour.com>

numanna.com

<https://numanna.com>



Valley Food Storage

<https://valleyfoodstorage.com>

Nutrient Survival

<https://nutrientsurvival.com>

Wise Food Storage

<https://wisefoodstorage.com>



4Patriots

<https://products.4patriots.com>



Augason Farms

<https://augasonfarms.com>

ReadyWise

<https://readywise.com>



Ready Hour

<https://readyhour.com>

numanna.com

<https://numanna.com>



Valley Food Storage

<https://valleyfoodstorage.com>

Nutrient Survival

<https://nutrientsurvival.com>

Wise Food Storage

<https://wisefoodstorage.com>

Emergency Food List

Best Foods to Buy for Emergencies/Disasters

Fruit

- Applesauce and Fruit Purees
- Canned Fruit (in water or juice)
- Frozen Fruit
- Dried Fruit
- Longer-Lasting Fresh Fruit (Apples, Oranges, Pomegranates, Lemons, Limes, etc.)

Vegetables

- Canned Vegetables (Green beans, Corn, Carrots, Peas, Tomatoes, etc.)
- Canned Soups (low sodium, preferred)
- Canned Chili
- Frozen Vegetables (Broccoli, Cauliflower, etc.)
- Tomato Sauce
- Salsa
- Longer-Lasting Fresh Vegetables (Potatoes, Sweet Potatoes, Squash, Carrots, Onions, etc.)

Protein

- Canned or Pouch Tuna or Salmon
- Canned or Pouch Chicken or Turkey
- Frozen Fish (Salmon, Shrimp, etc.)
- Shelf Stable Tofu
- Beef Jerky
- Canned Lentils
- Eggs
- Nut/Seed Butter (Peanut Butter, Almond Butter)
- Nuts and Seeds (Peanuts, Cashews, Almonds, Walnuts, Pecans, Sunflower Seeds etc.)
- Dry or Canned Beans
- Hummus

Grains

- Pasta
- Rice
- Oats (Old-Fashioned, Quick, or Instant Packets)
- Ancient Grains (Quinoa or Farro)
- Popcorn
- Crackers
- Cereal / Pancake Mix
- Bread (Can be Kept Frozen)

Dairy

- Shelf-Stable Milk
- Powdered Milk
- Hard Cheeses (Parmesan or Pecorino)

Healthy Fats

- Olive oil
- Avocado oil
- Ghee
- Coconut oil

Condiments/Spices

- Honey
- Syrup
- Molasses
- Jellies/Jams
- Mustard
- Pure flavor extracts
- Spices (Salt, Pepper, Garlic Powder, Onion Powder, Chili Powder, Paprika, Cinnamon, etc.)
- Vinegar
- Baking Soda

Snacks

- Granola Bars (Protein, Fruit-filled)
- Trail Mix
- Cracker Packs
- Pretzels
- Tortilla Chips
- Pudding
- Chocolate

Beverages

- Water
- Coffee
- Tea
- Low-Sugar Electrolyte Drinks
- Protein/M meal Replacement Shakes
- Low Sodium Broth

Pet Foods (For Your Furry Family Members)

- Bagged/Canned Food
- Treats

See the full post at www.kindlyunspoken.com

Survival Food Checklist

TRUEPREPPER

For more information visit:
<https://trueprepper.com/survival-food-list/>



Minimum Requirements



Suggested Additions



Consider Adding

Short-Term Survival

- ☒ Water
- ☒ Canned Food
- ☒ Energy Bars or Granola
- ☒ Peanut Butter
- ☒ Crackers, Chips, etc.
- ☐ Dried Fruits
- ☐ Nuts
- ☐ Powdered Milk
- ☐ Oatmeal or Cereal
- ☐ Jams and Jellies
- ☐ Baby Formula
- ☐ Pet Food

Bug-Out Survival

- ☒ Water
- ☒ Survival Food Bars
- ☒ Beef Jerky
- ☐ Energy Bars
- ☐ Freeze-Dried Mobile Packs
- ☐ Nuts
- ☐ MREs
- ☐ Tuna Pouches

Long-Term Survival

- ☒ Water
- ☒ Canned Food
- ☒ Beans, Lentils, and Rice
- ☒ Energy Bars or Granola
- ☒ Peanut Butter
- ☒ Survival Bread
- ☒ Powdered Milk
- ☒ Cooking Oils and Lard
- ☒ Canned Preserves
- ☒ Dehydrated Fruits & Veggies
- ☒ Honey
- ☒ Freeze Dried Meals
- ☒ Freeze Dried Meat
- ☒ Freeze Dried Fruit
- ☒ Freeze Dried Vegetables
- ☐ Condiments
- ☐ Survival Seed Vault

Food Storage Tools

- ☒ Food-Grade Buckets
- ☒ Mylar Bags
- ☒ Heavy-Duty Shelving
- ☒ Oxygen Absorbers
- ☐ Canning Equipment
- ☐ Freezer
- ☐ Dehydrator
- ☐ Vacuum Sealer
- ☐ Freeze-Dryer
- ☐ Impulse Heat Sealer

FOOD

