



Essential Food Stockpile

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Essential Food Stockpile

- | | |
|--|---|
| <input type="radio"/> Flour (Kamut/Unbleached AP) | <input type="radio"/> <i>Perishable Goods</i> |
| <input type="radio"/> Sugar | <input type="radio"/> Butter (Spread/Stick) |
| <input type="radio"/> Baking Soda | <input type="radio"/> Milk (liquid/powdered/condensed) |
| <input type="radio"/> Baking Powder | <input type="radio"/> Cheese (block) |
| <input type="radio"/> Salt & Pepper | <input type="radio"/> Eggs |
| <input type="radio"/> Yeast | <input type="radio"/> Frozen Meat (chicken/turkey/beef) |
| <input type="radio"/> Oatmeal | <input type="radio"/> Chicken/Italian Sausage |
| <input type="radio"/> Brown/White Rice | <input type="radio"/> Frozen Meatballs |
| <input type="radio"/> Quinoa | <input type="radio"/> Apples |
| <input type="radio"/> Chia Seeds (egg replacer) | <input type="radio"/> Oranges |
| <input type="radio"/> Chocolate Chips | <input type="radio"/> Bananas |
| <input type="radio"/> Honey | <input type="radio"/> Frozen Fruit |
| <input type="radio"/> Maple Syrup | <input type="radio"/> Frozen Vegetables |
| <input type="radio"/> Vanilla | <input type="radio"/> Bread |
| <input type="radio"/> Almonds (to make milk) | <input type="radio"/> Electrolyte Drinks |
| <input type="radio"/> Walnuts | <input type="radio"/> Ketchup & Mustard |
| <input type="radio"/> Cashews | <input type="radio"/> |
| <input type="radio"/> Olive Oil/Avocado Oil | <input type="radio"/> |
| <input type="radio"/> Coconut Oil | <input type="radio"/> |
| <input type="radio"/> Spray Oil | <input type="radio"/> <i>Household Staples</i> |
| <input type="radio"/> Spices | <input type="radio"/> Pet Food |
| <input type="radio"/> Dry Beans | <input type="radio"/> Litter |
| <input type="radio"/> Potatoes | <input type="radio"/> Laundry Essentials |
| <input type="radio"/> Onions | <input type="radio"/> Cleaning Products |
| <input type="radio"/> Garlic | <input type="radio"/> Toilet Paper |
| <input type="radio"/> Popcorn | <input type="radio"/> Paper Towels |
| <input type="radio"/> Bouillon or Better Than Bouillon | <input type="radio"/> Tissues |
| <input type="radio"/> Peanut Butter | <input type="radio"/> Sanitary Items |
| <input type="radio"/> Jam | <input type="radio"/> Trash Bags |
| <input type="radio"/> Canned Beans | <input type="radio"/> Hand Soap/Sanitizer |
| <input type="radio"/> Canned Tomatoes (whole/sauce) | <input type="radio"/> Medicine & Vitamins |
| <input type="radio"/> Canned Vegetables | <input type="radio"/> Tylenol/Cough Syrup/Benadryl |
| <input type="radio"/> Pasta | <input type="radio"/> Toothpaste/Floss |
| <input type="radio"/> Coffee | <input type="radio"/> Deoderant |
| <input type="radio"/> Coffee Creamer (powder/liquid) | <input type="radio"/> Razors |
| <input type="radio"/> Lemon/Lime Juice | <input type="radio"/> Body Soap/Shampoo & Conditioner |