

# 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/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](http://www.kindlyunspoken.com)