SURVIVAL GROCERY LIST

When Grocery Store Shelves Go Bare

A practical guide to stocking an emergency pantry

Picture stopping for groceries on your way home before a winter storm. The bread rack is bare. The canned soup your family likes is gone. The next truck may be delayed, and you still have to make dinner. If the power goes out overnight, what can you feed your household tomorrow with what you have at home?

A storm can bring more shoppers into the store just as road conditions slow deliveries. A few meals already in your pantry give you time to wait for roads to clear and shelves to be restocked.

Start on your next grocery trip

Plan three days of meals. Set aside drinking water and familiar shelf-stable foods you can eat without cooking. Keep a manual can opener handy.

Add a few extras each trip. Choose foods your household already eats. Include what infants, pets and anyone with dietary restrictions need.

Use and replace what you store. Put newer packages behind older ones, and follow the storage directions on each label, especially after opening.

Share this checklist with someone who could use it.

Emergency supply guidance from FEMA's Ready Campaign.

Emergency Pantry Checklist

Check off what you already have and circle what to buy next.

- ☐ Baking mixes
- ☐ Baking powder
- ☐ Baking soda
- ☐ Barley
- ☐ Bay leaves
- ☐ Dry beans
- ☐ Shelf-stable bottled drinks and juices
- ☐ Brown sugar
- ☐ Bouillon or broth concentrate
- ☐ Butter flavoring
- ☐ Candy
- ☐ Canned beans
- ☐ Canned broth
- ☐ Canned chicken breast
- ☐ Canned chili
- ☐ Canned diced tomatoes, other tomato products, and sauces
- ☐ Canned French fried onions for green bean casserole
- ☐ Canned fruit
- ☐ Canned milk, evaporated milk
- ☐ Canned pie filling
- ☐ Canned pumpkin
- ☐ Canned salmon
- ☐ Canned soups
- ☐ Canned stew
- ☐ Canned sweet potatoes
- ☐ Canned tuna
- ☐ Canned vegetables
- ☐ Cans of lemonade mix, other canned dry drink mixes
- ☐ Cheese dips in jars
- ☐ Cheese soups, like cheddar, broccoli cheese, and jack cheese
- ☐ Chinese food ingredients
- ☐ Chocolate bars
- ☐ Chocolate chips
- ☐ Chocolate or strawberry syrup
- ☐ Coffee filters
- ☐ Masa harina or corn tortilla mix
- ☐ Corn meal
- ☐ Corn starch for thickening
- ☐ Cream of Wheat
- ☐ Cream soups
- ☐ Crisco
- ☐ Dried eggs
- ☐ Dried fruit
- ☐ Dried onion
- ☐ Dried soups
- ☐ Dry cocoa
- ☐ Dry coffee creamer
- ☐ Dry milk powder
- ☐ Dry mustard
- ☐ Flour, including self-rising flour
- ☐ Flour tortilla mix
- ☐ Garlic powder
- ☐ Granola bars
- ☐ Hard candy
- ☐ Honey

Emergency Pantry Checklist

Continued. For milk, meats and sauces, check the label for storage instructions.

- [ ] Hot chocolate mix
- [ ] Instant coffee or ground coffee with a manual brewer
- [ ] Instant mashed potatoes
- [ ] Jarred or canned spaghetti sauce
- [ ] Jarred peppers
- [ ] Jellies and jams
- [ ] Jerky
- [ ] Ketchup
- [ ] Kool-Aid
- [ ] Lard (manteca)
- [ ] Dry pasta, including thin varieties
- [ ] Marshmallow cream
- [ ] Marshmallows
- [ ] Individual mayonnaise packets
- [ ] Mexican food ingredients
- [ ] Mustard
- [ ] Nestle Table Cream
- [ ] Nuts
- [ ] Oatmeal
- [ ] Oil
- [ ] Olive oil
- [ ] Olives, green and black
- [ ] Onion powder
- [ ] Packaged bread crumbs
- [ ] Just-add-water pancake mix and similar mixes
- [ ] Parmesan cheese
- [ ] Peanut butter, nut butters
- [ ] Pepper
- [ ] Shelf-stable pickles or relish
- [ ] Powdered sugar
- [ ] Power bars
- [ ] Raisins
- [ ] Ramen
- [ ] Canned ravioli or other canned pasta
- [ ] Butter or margarine (refrigerated or frozen)
- [ ] Rice
- [ ] Salsa and hot sauces
- [ ] Salt
- [ ] Spam or Treet
- [ ] Spices and herbs your family likes
- [ ] Stovetop dressing mix
- [ ] Sugar
- [ ] Summer sausage
- [ ] Sweetened condensed milk
- [ ] Syrups
- [ ] Tea
- [ ] Trail mix
- [ ] Shelf-stable UHT milk
- [ ] Vanilla
- [ ] Velveeta
- [ ] Vienna sausage
- [ ] Yeast
- [ ] Baby food
- [ ] Pet food

100 Items to Disappear First

A household preparedness checklist adapted from a historical list.

- ☐ 1. Portable generators
- ☐ 2. Water filters and purifiers
- ☐ 3. Portable toilets
- ☐ 4. Seasoned firewood
- ☐ 5. Oil lamps, lamp oil, and wicks
- ☐ 6. Fuel for compatible camp stoves
- ☐ 7. Personal security equipment
- ☐ 8. Manual can openers, egg beaters, and whisks
- ☐ 9. Honey, syrups, and white or brown sugar
- ☐ 10. Rice, beans, and wheat
- ☐ 11. Cooking oil
- ☐ 12. Charcoal and lighter fluid
- ☐ 13. Food-grade drinking water containers
- ☐ 14. Portable propane heaters
- ☐ 15. Manual grain grinders
- ☐ 16. Propane cylinders
- ☐ 17. Printed emergency preparedness guides
- ☐ 18. Replacement lantern mantles
- ☐ 19. Diapers, formula, and diaper cream
- ☐ 20. Washboards and wringer buckets
- ☐ 21. Portable camp stoves
- ☐ 22. Vitamins
- ☐ 23. Compatible propane cylinder stands
- ☐ 24. Menstrual, hair, and skin care products
- ☐ 25. Thermal underwear
- ☐ 26. Bow saws, axes, hatchets, and wedges
- ☐ 27. Regular and heavy-duty aluminum foil
- ☐ 28. Approved gasoline cans
- ☐ 29. Heavy-duty trash bags
- ☐ 30. Toilet paper, tissues, and paper towels
- ☐ 31. Powdered and condensed milk
- ☐ 32. Garden seeds
- ☐ 33. Clothespins, clothesline, and hangers
- ☐ 34. Camp stove pump repair kits
- ☐ 35. Oil-packed tuna
- ☐ 36. Fire extinguishers
- ☐ 37. First-aid kits
- ☐ 38. Spare batteries
- ☐ 39. Garlic, spices, vinegar, and baking supplies
- ☐ 40. Dog food and supplies
- ☐ 41. Flour, yeast, and salt
- ☐ 42. Matches
- ☐ 43. Paper, pencils, and solar calculators
- ☐ 44. Insulated coolers
- ☐ 45. Work boots, belts, jeans, and work shirts
- ☐ 46. Flashlights, light sticks, and lanterns
- ☐ 47. Journals and notebooks
- ☐ 48. Plastic trash cans, preferably wheeled
- ☐ 49. Toothbrushes, toothpaste, floss, and nail clippers
- ☐ 50. Cast-iron cookware

When technology fails us

Keep small bills, fuel in your vehicle, and a paper list of emergency contacts.
Keep a charged power bank and a battery-powered NOAA weather radio handy.

100 Items to Disappear First

Continued. Check off what you have and mark what your household needs.

- ☐ 51. Fishing gear
- ☐ 52. Insect repellent
- ☐ 53. Duct tape
- ☐ 54. Tarps, stakes, rope, and twine
- ☐ 55. Candles
- ☐ 56. Laundry detergent
- ☐ 57. Backpacks and duffel bags
- ☐ 58. Garden tools and supplies
- ☐ 59. Scissors, fabric, and sewing supplies
- ☐ 60. Canned fruits, vegetables, soups, and stews
- ☐ 61. Unscented household bleach
- ☐ 62. Canning jars and lids
- ☐ 63. Utility knives and sharpening tools
- ☐ 64. Bicycles, spare tubes, pumps, and chains
- ☐ 65. Sleeping bags, blankets, pillows, and mats
- ☐ 66. Battery-powered carbon monoxide alarms
- ☐ 67. Board games, cards, and dice
- ☐ 68. Rodent and insect control products
- ☐ 69. Mouse, ant, and cockroach traps
- ☐ 70. Disposable plates, cups, and utensils
- ☐ 71. Baby wipes and no-rinse hygiene supplies
- ☐ 72. Rain gear and waterproof boots
- ☐ 73. Razors and shaving supplies
- ☐ 74. Separate hand pumps for water and fuel
- ☐ 75. Soy sauce, vinegar, bouillon, and gravy mix
- ☐ 76. Spare reading glasses
- ☐ 77. Cocoa and powdered drink mixes
- ☐ 78. Compact emergency kits
- ☐ 79. Wool clothing, scarves, earmuffs, and mittens
- ☐ 80. Printed outdoor skills handbooks
- ☐ 81. Window insulation film kits
- ☐ 82. Crackers, pretzels, trail mix, and jerky
- ☐ 83. Popcorn, peanut butter, and nuts
- ☐ 84. Extra socks, underwear, and T-shirts
- ☐ 85. Lumber
- ☐ 86. Wagons and utility carts
- ☐ 87. Cots and air mattresses
- ☐ 88. Work gloves, winter gloves, and garden gloves
- ☐ 89. Lantern hangers
- ☐ 90. Screen repair supplies
- ☐ 91. Tea
- ☐ 92. Coffee
- ☐ 93. Tobacco products from the historical list
- ☐ 94. Wine and spirits from the historical list
- ☐ 95. Paraffin wax
- ☐ 96. Glue, nails, nuts, bolts, and screws
- ☐ 97. Chewing gum and candy
- ☐ 98. Spray bottles for cooling or washing
- ☐ 99. Hats and cotton bandannas
- ☐ 100. Backyard livestock supplies for goats and chickens

Plan for safe use

Run portable generators outdoors, at least 20 feet from doors, windows, and vents.

Store approved gas cans outside the home in a cool, ventilated area away from ignition sources.