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