

Survival Grocery List

The Big List

Emergency Pantry: The List

Baking mixes (Pie crust mix plus canned pie filling =cobbler)
Baking powder
Baking soda
Barley
Bay leaves (delicious in beans, and insects avoid foods like flour with a bay leaf stored inside the bag)
Beans-dry
Bottled drinks and juices (not refrigerated type)
Brown Sugar
Bullion, concentrated broth
Butter flavoring, like Molly McButter. Freeze for storage if you can.
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 (don't overlook, great item)
Canned pumpkin
Canned Salmon
Canned soups
Canned stew
Canned sweet potatoes
Canned Tuna
Canned veggies
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 syrup, strawberry syrup squeeze bottles (about that dry milk, again)
Coffee filters (also for straining silt out of water)
Corn Masa de Harina or corn tortilla mix
Corn meal
Corn starch for thickening

Cream of Wheat
Cream soups (good for flavoring rice & pasta, too)
Crisco
Dried eggs
Dried fruit
Dried onion (big containers at warehouse stores)
Dried soups
Dry cocoa
Dry coffee creamer (big sealed cans, many uses including making dry milk taste better)
Dry milk powder
Dry Mustard
Flour, self rising flour Flour tortilla mix for flour tortillas, wraps, and flatbread
Garlic powder
Granola bars (not great shelf life)
Hard candy
Honey (also reputed to reduce viral load in throat and esophagus)
Hot chocolate mix
Instant coffee if you drink it, or coffee and a manual drip cone or similar
Instant mashed potatoes
Jarred or canned spaghetti sauce
Jarred peppers
Jellies and Jams
Jerky
Ketchup
Kool Aid
Large packages dry pasta, thinner type saves fuel
Marshmallow cream
Marshmallows
Mayo packets from warehouse store, if you must, not really a good value.
Mexican food ingredients
Mustard
Nestle Table Cream (substitute for sour cream, cream, or half-and-half) in lots of ethnic stores
Nuts (freeze if you have room)
Oatmeal
Oil (Shelf life not great, freeze if you have room)
Olive oil
Olives, green and black
Onion powder
Packaged bread crumbs
Pancake mix, one step, and other mixes that already have the eggs in them
Parmesan
Peanut butter, nut butters
Pepper
Pet food

Pickles, relish (not refrigerator case type)
Powdered sugar
Power bars
Raisins
Ramen
Ravioli or any canned pasta you can stand
Real butter or favorite margarine-keep frozen until disaster if you can.
ice (cheap and filling)
Salsa and hot sauces (Franks Hot Sauce!)
Salt
Spam or Treet :(!
Spices and herbs your family likes
Stovetop Dressing mix
Sugar
Summer sausage (cheaper around holidays)
Sweetened condensed milk
Syrups
Tea
Trail mix
Ultra pasteurized milk (expensive)
Vanilla (improves dry milk, too)
Velveeta (watch carton date, freeze for storage if possible)
Vienna sausage
Yeast, if you think you would use it. May be frozen.
Baby food
Pet food

Supplies for comfort and safety

If you are ready to REALLY prepare to the hilt, here is a list of supplies you might need in an emergency situation, in addition to the things listed on the other page.

This list has many suggestions, but of course every family has different needs and wants, not to mention different age groups. Just be sure that you have separate 'to-go' bags that are easily accessible with absolute necessities in them, and of course, water and your water purifier. Many of these items are already in your house, it's just a matter of organization. You will need N95 masks for any trips outside.

You will need cash hidden in the house, if you possibly can. If the electricity is down, the ATMs will be down, and ATMs are manually filled with money by workers. As contagion spreads, banks will be closed along with other businesses. Also, banks will be harbors for infection due to the degree of money handling. Please do all of this very carefully!

- *Gas in cars, always.
- *Non-electric can opener
- *Clorox, plain kind
- *Dishwashing detergent
- *Small scrubbie
- *Paper Towels
- *Toilet paper, a very important item
- *Tissues
- *Matches
- *Long-snout type lighters
- *Candles
- *Portable heater
- *Emergency radio
- *Emergency lighting
- *Camp stove & fuel
- *Games, playing cards, craft supplies, hobby supplies, free word games and other games off the net
- *Plastic bags, different sizes, including large ones, many uses
- *Duct tape
- *Scissors
- *Disposable plates, forks, spoons, hot and cold cups
- *Knives
- *Cooking pots and a few utensils (in case you are forced to leave)
- *Hand beater, non-electric, like in the old days (many uses including mixing dry milk)
- *Ziplock bags
- *Aluminum foil
- *Extra set of car keys
- *Sleeping bags or plenty of blankets
- *Sturdy shoes
- *Glasses, sunglasses
- *Clothes pins
- *Clothes line rope and other rope (multiple uses)
- *Surgical type gloves
- *Work gloves
- *A little shovel (what if the potty doesn't work.. and other uses)
- *A small saw, tools or toolkit
- *Non-electric clock or watch
- *Batteries
- *Duct Tape and sheet plastic
- *Mylar type emergency blankets (good over windows, too)
- *Sunscreen
- *Purell or generic alcohol gel hand cleaner (Very Important)
- *Nail brush

- *Wipes or baby wipes, refills are usually cheaper (get several kinds, brands smell differently)
- *Bug repellent, skin type
- *Insect killers, flying type also
- *Shaving supplies
- *Nail clippers
- *Toothpaste, mouthwash, dental floss
- *Tampons or other sanitary needs
- *Shampoo
- *Soap
- *No-rinse face wash, like Cetaphil (generic OK)
- *Maps, atlas
- *Compass
- *Metal garbage can to burn trash
- *Paper and pen
- *Magnifier
- *A Sharpie type waterproof marker
- *Note paper
- *Photocopies of important documents such as birth certificates, drivers' licenses and so on for the entire family
- *A cell phone charger, if you have a phone.
- *A corded phone, they don't need electricity like a cordless phone
- *Oil lamps and pure lamp oil
- *Coleman lanterns with fuel & mantels
- *Good locks on doors and windows
- *Water containers
- *Gasoline containers