

EMERGENCY FOOD SUPPLY GUIDE

Building a Resilient Pantry: Your Essential Checklist

Prepare your household for unexpected events by maintaining a diverse and reliable food stock. Focus on nutrient-dense, shelf-stable items. Reevaluate and rotate supplies annually.

<p>1</p>  <p>Proteins & Dairy</p> <ul style="list-style-type: none">Canned Meats & Fish (Chicken, Salmon, Sardines, Tuna)Canned Beans (Chickpeas, Black Beans, Lentils)Peanut Butter & Nut ButtersProtein PowdersShelf-Stable Milk & Milk AlternativesDehydrated/Powdered Eggs	<p>2</p>  <p>Vegetables & Fruits</p> <ul style="list-style-type: none">Canned Vegetables (Corn, Green Beans, Peas)Canned Fruits (Peaches, Pears, Pineapple in Juice)Fruit Juices (100% Juice)Dried Fruits (Raisins, Apricots, Cranberries)Vegetable Broths/StockInstant Potatoes	<p>3</p>  <p>Grains & Cereals</p> <ul style="list-style-type: none">Rice (White, Brown, Basmati)Pasta & NoodlesOats & OatmealQuinoa & GrainsCereal (High Fiber, Low Sugar)Crackers & Flatbreads
<p>4</p>  <p>Snacks & Comfort Foods</p> <ul style="list-style-type: none">Energy Bars & Granola BarsTrail Mix (Nuts, Dried Fruits)Trail MixCrackers & PretzelsPopcornHard Candy & ChocolateDrink Mixes (Lemonade, Iced Tea)	<p>5</p>  <p>Essential Fluids</p> <ul style="list-style-type: none">Bottled Water (1 gallon per person, per day)Water Storage ContainersWater Purification TabletsElectrolytes/Sport Drink PowdersHerbal Teas & Coffee (Instant)	<p>6</p>  <p>Flavor Enhancers & Meal Basics</p> <ul style="list-style-type: none">Cooking Oils (Olive, Vegetable)Condiments (Ketchup, Mustard, Mayo)Herbs & Spices (Salt, Pepper, Oregano, Curry)VinegarsBouillon Cubes & PastesBaking Supplies (Flour, Sugar, Baking Soda)Pet Food (Appropriate Supply)



To sign up for a Clallam Ready Sequim Food Ready workshop:
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