



SURVIVAL GROCERY LIST

We take the grocery store for granted. In the event of a panic (like the first case of bird flu in the USA), just think how *very few* frightened shoppers that it would take for your neighborhood grocery to run out of a product like rice. A few determined families could take most of it! The stores could be stripped bare in minutes. *Our advice is not to wait.*

We made our list based on shelf life, availability, and price. We then researched recipes to find the products most commonly used. Cross-off what you or your kids dislike. Be cautious of big sizes of perishables, since waste will quickly nullify any savings. Some items have a long *shelf* life, but must be used quickly after opening. Perishables might be available for a short time, but this list is comprised of *storage foods*, those that can be stored for many months or even for years. Check *every* expiration date- we found some brand bags of flour (on the same shelf) with a two-year difference in the expiration date!

This list probably contains some items that you usually try to avoid. A lady checking me out in the grocery store noticed that I was buying a lot of sugar and flour (on sale for a good price). She haughtily informed me her children do not eat sugar, or much flour. I asked her what her kids would eat if the food supply were interrupted, like in hurricane Katrina. She said they would eat fresh vegetables. I wonder where she thought the fresh vegetables would come from?

Try to "rotate" a decent supply of food and still always have plenty on hand in case of an emergency. But many of these items have a very long shelf life, and can be used strictly as emergency storage. This list is designed for some variety, so that the kids and teens in our "pod" don't meltdown from boredom. No one can tell you how much to buy, but try to work your way toward a three month supply.

Of course, you probably won't go out and buy all of this. Realistically, if you had to, you could purchase only bulk size bags of rice, dried beans, flour, shortening, possibly corn, along with some source of Vitamin C. You could last a very long time for very little money.

For very basic survival, we would recommend that you have your water purifier, cooking supplies, and a way to stay warm before an elaborate variety of food- but better food (and some games) will be a real help in an extended "lock-down".

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
Lard, Manteca (good in beans, substitute for bacon or salt pork, tortilla making, many other uses)
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, including British)
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. Butter keeps a long time in cool temps)
Rice (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

Please use the button below to send this list to friends and relatives. Every family, every person who is prepared decreases the pressure on others.

Source: www.planforflu.com