

## Emergency Food Shopping List

### Grains

Graham Crackers  
Melba Toast  
Other Assorted Crackers  
Hot Cereal  
Dry Cereal  
Packaged Dry Pretzels  
Any Flavor Ramen Noodles (2 pkgs.)  
Tortillas (or Tortilla Chips)

### Vegetables

Canned Tomato Soup  
Canned Tomato Juice  
Canned Green Beans  
Canned Corn  
Canned Diced Tomatoes with Chilies or Salsa  
Canned Sweet Potatoes  
Canned Pork and Beans  
Canned Carrots  
Canned Peas  
Other Assorted Canned Vegetables

### Fruits

Assorted Canned Fruit Juice  
Canned Peaches (5 cans)  
Canned Applesauce (3 cans)  
Canned Mandarin Oranges (2 cans)  
Canned Fruit Cocktail (3 cans)  
Canned Apricots  
Canned Pineapple (2 cans)  
Canned Apples  
Canned Pears  
Raisins  
Other Assorted Canned Fruits

### Milk

Canned Milk (12 or more small cans)  
Non-fat Dry Milk  
Canned Pudding

Hot Chocolate Mix (made with non-fat dry milk)

Processed cheese; Pasteurized Process Cheese and Pasteurized Process Cheese Spread for variety\*

### Meat, Beans & Nuts

Canned Chili (2 cans)  
Peanut Butter  
Canned Black Beans  
Vienne Sausage  
Canned tuna and/or Chicken  
Peanuts or Assorted Nuts for Trail Mix  
Spam/Canned Ham  
Canned Ravioli  
Vienne Sausage  
Canned Beef Stew  
Canned Sardines

### Other items

Oil  
Salad Vinegar  
Catsup  
Mustard  
Pickle Relish/Pickles/Pickled Olives  
Assorted Cookies  
Candies for Trail Mix (such as M&M's or Reese's Pieces)  
Coffee / Tea  
Sugar  
Water (7 gallons)

\* All pasteurized process cheese products should be kept refrigerated after opening. Purchase in small sizes.

Cheryl A. Maxwell, CEA-FCS 9/2/2007

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