

Stocking Up Your Pantry

Every household should be prepared for the possibility of the limited availability of some foods and supplies. Besides potential natural disasters and other cataclysmic events, we need to be prepared for potential supply chain disruptions.

Since the average grocery store only warehouses three days of food on-site, it's easy to imagine how quickly shelves could be picked clean. Wouldn't it be nice to have the peace of mind to know that you have enough food, water, and supplies in your own home to tide you over for several weeks, or even months, if necessary?

The first thing to do is to find a place in your home where you can create a long-term storage pantry for extra food. Perhaps you have a room or a closet, or even some extra shelves, that will suffice. Start with that. Next, take inventory on what you already have on hand. What basic foods does your family usually eat? These are the items you will want to stock up on, to ensure YOUR personal supply chain remains intact.

Below is a list (not exhaustive) of basic items that should be the foundation of any long-term storage pantry. (We have not included refrigerated or frozen foods in this list, or fresh fruits and vegetables.)

Applesauce (and other fruit/veggie combo squeeze pouches)
Beans (good source of protein—refried, black, kidney, navy (white), baked, etc.)
Beer
Bouillon or Stock (chicken, beef)
Bread Crumbs and Stuffing
Cake/Muffin/Brownie Mixes
Candy and Other “Feel Good” Foods
Cereal and Granola
Chocolate Chips
Coffee, Tea, Hot Chocolate
Cornmeal
Corn Starch
Condiments
Cookies and crackers
Drinks (Canned, Bottled, or Powdered)
Eggs (Powdered)
Electrolytes (Liquid IV or Gatorade, etc.)
Flours and Baking Powders/Sodas
Fruits, Dehydrated and Canned
Honey

Jams and Jellies
Juice (in bottles or cartons)
Lemon Juice, Lime Juice
Mayonnaise
Meat (Canned – Tuna, Salmon, Chicken; Dried – Jerky, etc.)
Milk (Dried or Canned)
Nuts
Oatmeal
Oils (Avocado, Coconut, Olive, Vegetable, etc.)
Pancake Mix
Pasta
Peanut Butter
Pet Food
Popcorn
Potato Flakes (and au gratin potatoes, etc., boxed)
Protein Bars and Shake Mixes
Raisins
Rice, Rice Mixes
Salt and Pepper

Salad Dressings
Sauces (in Cans, Jars, Bottles, or Packages)
Seltzer Water
Shortening
Soups and Soup Mixes
Spaghetti Sauce
Spices and Seasonings
Sugars (White, Brown, Powdered)

Syrup
Tomato Sauce/Puree
Vanilla
Vegetables (Dehydrated or Canned)
Vinegars
Vitamins and Supplements
Wine
Yeast

Water

The CDC recommends having a two-week supply of water on hand, allowing a gallon a day per person. So, for a family of six, that would be 84 gallons of water! We have two large drums to store water that hold 110 gallons. Thankfully, we are on a private well system here on Fox Island that has multiple back-up systems. That being said, we are prepared anyway. But if you are on city water, it is a real possibility that you might lose water in an emergency.

Here's a great way to store water easily and inexpensively: when you are done with a plastic milk jug, clean it with a water and bleach solution, rinse, fill with clean tap water, and store. The expiration date stamped on the jug will tell you when you filled it.

<https://www.cdc.gov/healthywater/emergency/creating-storing-emergency-water-supply.html>