

Pantry Ready Living

FREE PRINTABLE

Emergency Pantry Checklist

25 Shelf-Stable Foods Every Home Should Have

Use this checklist while building or maintaining your emergency pantry.

Check off each item as you add it to your food supply.

- ☐ White Rice
- ☐ Pinto Beans
- ☐ Black Beans
- ☐ Rolled Oats
- ☐ Pasta
- ☐ Flour
- ☐ Sugar
- ☐ Salt
- ☐ Honey
- ☐ Peanut Butter
- ☐ Cooking Oil
- ☐ Powdered Milk

- ☐ Canned Chicken
- ☐ Canned Tuna
- ☐ Canned Salmon
- ☐ Canned Vegetables
- ☐ Canned Fruit
- ☐ Tomato Sauce
- ☐ Dry Soup Mixes
- ☐ Instant Potatoes
- ☐ Crackers
- ☐ Coffee
- ☐ Tea
- ☐ Bouillon Cubes
- ☐ Bottled Water

Storage Tips

- ✓ Store foods in a cool, dry location.
- ✓ Rotate older foods first.
- ✓ Check expiration dates regularly.
- ✓ Replace damaged packaging.

Notes
