

# PANTRY PREP:

## Stock Up for Emergencies



1. Check to see what food staples you already have and plan your list from there. Don't forget about medical and hygiene supplies.
2. As you make your shopping list, include nutritious, familiar foods your household enjoys. Make sure there is enough food for anyone with special dietary needs.
3. Buy enough food and supplies for two weeks at home.  
**TIP:** If members of your household will be home more often than your typical routine, your household might need more food than usual.
4. When stocking your pantry, freezer or refrigerator, remember the First In, First Out, (FIFO) principle. Rotate the older items to the front and store the newer ones in the back.  
**TIP:** If you transfer items into a different container, mark it with the item's "use by" date to keep your food fresh.
5. Don't overstuff your refrigerator or freezer. This can block the airflow and make the system work harder to keep food at a safe temperature.



**Remember:** Stock up on what you need, but don't overbuy. This helps ensure everyone can get what they need.

### Fresh/ Refrigerated

Think about things that last both unrefrigerated and in the pantry.

#### Fruit

- Apples
- Grapes
- Oranges/  
tangerines
- Kiwis

#### Vegetables

- Potatoes, white and sweet
- Celery
- Carrots
- Jicama
- Onions
- Hard squash
- Peppers

#### Dairy

- Milk
- Cheese
- Yogurt
- Butter/  
margarine

#### Other

- Eggs
- Deli meat
- Juice
- Condiments

### Frozen

Think about freezing FRESH foods or buying frozen meals.

- Fruit\*
- Vegetables\*
- Seafood\*
- Poultry\*
- Meat\*
- Frozen prepared foods
- Milk\*
- Bread/bakery items\*

\*Can be bought fresh then frozen at home

### Shelf-stable

Think of what lasts without refrigeration and comes in jars, cans or hermetically sealed packaging.

- Fruit
- Vegetables
- Soup
- Peanut butter
- Meat
- Poultry
- Seafood
- Cooking oil
- Condiments
- Salad dressing
- Vinegar
- Juice
- Milk
- Baby food/  
formula
- Pet food

### Dried

Think about dried food products used for cooking, baking, grab-and-go snacks or easy meal prep ingredients.

- Pasta
- Dried beans (legumes)
- Grains like rice, flour or cereal/  
granola
- Dried fruits
- Crackers
- Snack foods
- Jerky
- Waffle/pancake mix
- Milk
- Sugar
- Baking soda
- Baking powder
- Cornstarch
- Coffee/tea
- Cocoa
- Dried herbs and spices
- Salt

### Food Prep and Storage

Think about safe food storage.

- Aluminum foil
- Parchment paper
- Plastic wrap
- Wax paper
- Zipper close bags
- Reusable containers

### Medical/ Hygiene

Think of what a household needs to stay medically healthy, clean and disinfected. Cleaning removes germs; disinfecting kills germs.

- Prescriptions
- Prescribed medical supplies
- Soap/hand sanitizer
- Paper products (tissues, toilet paper, diapers)
- Over the counter medicine (aspirin, cough syrup)
- Thermometer
- Vitamins
- Electrolyte supplements