PRINT IT. STICK IT ON THE PANTRY DOOR.

Emergency Pantry Checklist

Start with three days for everyone. Then build to two weeks.

- [ ] Water: one gallon per person, per day
- [ ] Freeze-dried jam and fruit
- [ ] Freeze-dried vegetables, meat, and meals
- [ ] Canned meat, beans, fruit, and vegetables
- [ ] Peanut butter, nuts, and protein bars
- [ ] Oats, white rice, pasta, cereal, and crackers
- [ ] Powdered milk and powdered eggs
- [ ] Salt, sugar, oil, coffee, and tea
- [ ] Baby food and pet food, if you need them
- [ ] Manual can opener and paper plates
- [ ] Airtight containers and a marker for dates
- [ ] A few comfort foods

Rotate it twice a year. Oldest in front.

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