

THE BIG LIST!

We take the grocery store for granted. In the event of a panic (like the first case of bird flu in the USA), just think how very few frightened shoppers that it would take for your neighborhood grocery to run out of a product like rice. A few determined families could take most of it! The stores could be stripped bare in minutes. Prepare. Do not wait.

Our list is based on shelf life, availability, most commonly used and price. Cross-off what you or your kids dislike. Be cautious of big sizes of perishables, since waste will quickly nullify any savings. Some items have a long shelf life, but must be used quickly after opening. Perishables might be available for a short time, but this list is comprised of storage foods, those that can be stored for many months or even for years. Check every expiration date.

Try to "rotate" a decent supply of food and still always have plenty on hand in case of an emergency. But many of these items have a very long shelf life, and can be used strictly as emergency storage. This list is designed for some variety, so that the kids and teens in our "pod" don't meltdown from boredom. No one can tell you how much to buy, but try to work your way toward a three month supply.

Of course, you probably won't go out and buy all of this. Realistically, if you had to, you could purchase only bulk size bags of rice, dried beans, flour, shortening, possibly corn, along with some source of Vitamin C. You could last a very long time for very little money. For very basic survival, we would recommend that you have your water purifier, cooking supplies, and a way to stay warm before an elaborate variety of food- but better food (and some games) will be a real help in an extended "lock-down".



Emergency Pantry: The List

- Baking mixes (Pie crust mix plus canned pie filling =cobbler)
- Baking powder
- Baking soda
- Barley
- Bay leaves (delicious in beans, and insects avoid foods like flour with a bay leaf stored inside the bag)
- Beans-dry
- Bottled drinks and juices (not refrigerated type)
- Brown Sugar
- Bullion, concentrated broth
- Butter flavoring, like Molly McButter. Freeze for storage if you can.
- Candy
- Canned beans
- Canned broth
- Canned chicken breast
- Canned chili
- Canned diced tomatoes, other tomato products, and sauces
- Canned French fried onions for green bean casserole
- Canned fruit
- Canned milk, evaporated milk
- Canned pie filling (don't overlook, great item)
- Canned pumpkin
- Canned Salmon
- Canned soups
- Canned stew
- Canned sweet potatoes
- Canned Tuna
- Canned veggies
- Cans of lemonade mix, other canned dry drink mixes
- Cheese dips in jars
- Cheese soups, like cheddar, broccoli cheese, and jack cheese
- Chinese food ingredients
- Chocolate bars
- Chocolate chips
- Chocolate syrup, strawberry syrup squeeze bottles (about that dry milk, again)
- Coffee filters (also for straining silt out of water)
- Corn Masa de Harina or corn tortilla mix
- Corn meal
- Corn starch for thickening
- Cream of Wheat
- Cream soups (good for flavoring rice & pasta, too)
- Crisco
- Dried eggs
- Dried fruit
- Dried onion (big containers at warehouse stores)
- Dried soups
- Dry cocoa
- Dry coffee creamer (big sealed cans, many uses including making dry milk taste better)
- Dry milk powder
- Dry Mustard
- Flour, self rising flour Flour tortilla mix for flour tortillas, wraps, and flatbread
- Garlic powder
- Granola bars (not great shelf life)
- Hard candy
- Honey (also reputed to reduce viral load in throat and esophagus)



- Hot chocolate mix
- Instant coffee if you drink it, or coffee and a manual drip cone or similar
- Instant mashed potatoes
- Jarred or canned spaghetti sauce
- Jarred peppers
- Jellies and Jams
- Jerky
- Ketchup
- Kool Aid
- Large packages dry pasta, thinner type saves fuel
- Marshmallow cream
- Marshmallows
- Mayo packets from warehouse store, if you must, not really a good value.
- Mexican food ingredients
- Mustard
- Nestle Table Cream (substitute for sour cream, cream, or half-and-half) in lots of ethnic stores
- Nuts (freeze if you have room)
- Oatmeal
- Oil (Shelf life not great, freeze if you have room)
- Olive oil
- Olives, green and black
- Onion powder
- Packaged bread crumbs
- Pancake mix, one step, and other mixes that already have the eggs in them
- Parmesan
- Peanut butter, nut butters
- Pepper
- Pet food
- Pickles, relish (not refrigerator case type)
- Powdered sugar
- Power bars
- Raisins
- Ramen
- Ravioli or any canned pasta you can stand
- Real butter or favorite margarine-keep frozen until disaster if you can.
- ice (cheap and filling)
- Salsa and hot sauces (Franks Hot Sauce!)
- Salt
- Spam or Treet :(!
- Spices and herbs your family likes
- Stovetop Dressing mix
- Sugar
- Summer sausage (cheaper around holidays)
- Sweetened condensed milk
- Syrups
- Tea
- Trail mix
- Ultra pasteurized milk (expensive)
- Vanilla (improves dry milk, too)
- Velveeta (watch carton date, freeze for storage if possible)
- Vienna sausage
- Yeast, if you think you would use it. May be frozen.
- Baby food
- Pet food



SUPPLIES FOR COMFORT AND SAFETY

If you are ready to REALLY prepare to the hilt, here is a list of supplies you might need in an emergency situation, in addition to the things listed on the other page.

This list has many suggestions, but of course every family has different needs and wants, not to mention different age groups. Just be sure that you have separate 'to-go' bags that are easily accessible with absolute necessities in them, and of course, water and your water purifier. Many of these items are already in your house, it's just a matter of organization. You will need N95 masks for any trips outside.

You will need cash hidden in the house, if you possibly can. If the electricity is down, the ATM's will be down, and ATM's are manually filled with money by workers. As contagion spreads, banks will be closed along with other businesses. Also, banks will be harbors for infection due to the degree of money handling. Please do all of this very carefully!

- *Gas in cars, always.
- *Non-electric can opener
- *Clorox, plain kind
- *Dishwashing detergent
- *Small scrubbie
- *Paper Towels
- *Toilet paper, a very important item
- *Tissues
- *Matches
- *Long-snout type lighters
- *Candles
- *Portable heater
- *Emergency radio
- *Emergency lighting
- *Camp stove & fuel
- *Games, playing cards, craft supplies, hobby supplies, free word games and other games off the net
- *Plastic bags, different sizes, including large ones, many uses
- *Duct tape
- *Scissors
- *Disposable plates, forks, spoons, hot and cold cups
- *Knives
- *Cooking pots and a few utensils (in case you are forced to leave)
- *Hand beater, non-electric, like in the old days (many uses including mixing dry milk)
- *Ziplock bags
- *Aluminum foil
- *Extra set of car keys
- *Sleeping bags or plenty of blankets
- *Sturdy shoes
- *Glasses, sunglasses
- *Clothes pins
- *Clothes line rope and other rope (multiple uses)
- *Surgical type gloves
- *Work gloves
- *A little shovel (what if the potty doesn't work.. and other uses)
- *A small saw, tools or toolkit
- *Non-electric clock or watch
- *Batteries
- *Duct Tape and sheet plastic
- *Mylar type emergency blankets (good over windows, too)
- *Sunscreen



- *Purell or generic alcohol gel hand cleaner (Very Important)
- *Nail brush
- *Wipes or baby wipes, refills are usually cheaper (get several kinds, brands smell differently)
- *Bug repellent, skin type
- *Insect killers, flying type also
- *Shaving supplies
- *Nail clippers
- *Toothpaste, mouthwash, dental floss
- *Tampons or other sanitary needs
- *Shampoo
- *Soap
- *No-rinse face wash, like Cetaphil (generic OK)
- *Maps, atlas
- *Compass
- *Metal garbage can to burn trash
- *Paper and pen
- *Magnifier
- *A Sharpie type waterproof marker
- *Note paper
- *Photocopies of important documents such as birth certificates, drivers' licenses and so on for the entire family
- *A cell phone charger, if you have a phone.
- *A corded phone, they don't need electricity like a cordless phone
- *Oil lamps and pure lamp oil
- *Coleman lanterns with fuel & mantels
- *Good locks on doors and windows
- *Water containers
- *Gasoline containers

NEWS, WEATHER, COMMUNICATIONS

We all hope the TV continues to work throughout this pandemic. But who knows? The staff would have to continue to show up to work, risking exposure, and the utilities would have to continue to work. Batteries would certainly be one of the first things to be gone from shelves. Being without information would be terrible. Feeling 'cut off' from the world would be frightening and disorienting. When there is any kind of a disaster, we are glued to our information source.

You need a "crank" (dynamo) type radio that needs no electricity in case of worst case scenario. You just turn the crank for a few minutes and you have instant radio with no worry about electric service. This one has solar charging built in. The kids will love cranking the radio, too.

