

# 25 THINGS

*to have in your*

## **EMERGENCY FOOD STORAGE**

- Bottled Water
- Peanut butter
- Whole-wheat crackers
- Nuts and trail mixes
- Cereal
- Granola and/or power bars
- Cooking oil
- Canned tuna or chicken
- Canned fruits
- Canned vegetables
- Canned soups and chili
- Sports drinks like Gatorade
- Shelf Stable milk or powdered
- Salt, and pepper
- Instant potatoes
- Honey
- Sugar
- Flour
- Baking soda
- Rice
- Beans
- Bouillon
- Pasta
- Pasta sauce
- Pancake Mix

# 2 WEEK MENU PLAN

Dinner Lunch Breakfast

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|------|-----|-------|-----|-----|-----|
|     |      |     |       |     |     |     |
|     |      |     |       |     |     |     |
|     |      |     |       |     |     |     |

Dinner Lunch Breakfast

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|------|-----|-------|-----|-----|-----|
|     |      |     |       |     |     |     |
|     |      |     |       |     |     |     |
|     |      |     |       |     |     |     |

*grocery*

# SHOPPING LIST

| Breakfast/Cereals             | Breads/Pasta                  | Dairy Products                |
|-------------------------------|-------------------------------|-------------------------------|
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| Drinks                        | Fruits                        | Vegetables                    |
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| Meat/Seafood                  | Deli                          | Frozen Foods                  |
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| Paper/Plastic                 | Dressings                     | Cans/Jars                     |
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| Products                      | Toiletries                    | Other                         |
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