

Recommended List of GROCERY STORE Survival Foods:

All-Things-Emergency-Prepared.Com

Note: sodium (salt) makes you thirsty - try to choose low-sodium products

- Bottled Water
- Canned juice
- Canned or Boxed Milk
- Canned Fruits and Vegetables
- Canned Beans: Pinto, Black...
- Canned Chili
- Fruit Cocktail
- Peanut Butter and Jelly
- Canned Pasta or Spaghetti
- Crackers (low-sodium)
- Canned Meats and Fish:
 - Chicken
 - Turkey
 - Tuna
 - Salmon
- Peanut Butter
- Rice & Grains
- Soups (low-sodium)
- Dried Fruits
- Protein Drinks
- Granola/Energy Bars
- Cereal (Cream of Wheat, etc)
- Oatmeal
- Sugar
- Honey (there will be a shortage)
- Molasses (Excellent source of B vitamins)
- Nuts (unsalted, preferably)
- Cookies, Hard Candy
- Instant Coffee - Best (coffee beans can go rancid, ground requires electricity)
- Tea Bags/Boxes of Tea
- Ketchup (Lasts forever)
- Mayonnaise (Lasts well in a cool place)
- Cooking Oil (olive is best won't go rancid)
- Vinegar: White Distilled - cooking, preserving, first-aid, cleaning