

20 ITEMS TO KICK START YOUR FOOD STORAGE PLAN

1. 20 pounds of Rice. As boring as it may sound, rice is one of the backbones of every food storage plan. It is filling, nutritious and with the use of varied seasonings and condiments, highly adaptable in a variety of tasty meals. The choice of white, brown or a combination of the two is up to you. White rice has a longer shelf life but brown rice has more nutritional benefits. In my own household, I like to combine the two along with some Jasmine, Basmati and Calrose sticky rice.
2. 20 pounds of Pinto Beans. Like rice, beans are the backbone to every food storage plan. You may substitute white, kidney or other types of dried beans but honestly, pintos are one of the least expensive dried beans and in my opinion, one of the tastiest.
3. 20 cans of Vegetables. Green beans, peas, corn and canned tomatoes are good choices. Let your taste and budget guide you. Buy what you currently eat and enjoy.
4. 20 cans of Fruit. Peaches, pears, pineapple, fruit cocktail – again, this is your choice. Fruits add a nice sweetness to life and these days we all could use more of that.
5. 20 cans of Meat. Chicken, tuna, shrimp, salmon, Vienna sausages, beef stew and yes, even the ubiquitous Spam will satisfy this requirement. Did you know that you can even purchase canned roast beef? Again, let your taste and budget guide you – there is lots to choose from.
6. 4 pounds of Oats. Remember when you were little and Mom warmed your tummy with a nice comforting bowl of oatmeal? That is what we are talking about here. A bowl of oatmeal topped with canned fruit can be enjoyed for breakfast, lunch or dinner.
7. 2 large jars of Peanut Butter. Peanut butter is an excellent source of protein, with plenty of calories for energy and sustenance. Besides, who can resist the taste of a gooey spoonful of luscious peanut butter?
8. 2 large jars of Tang or other powdered drink mix. The only requirement here is get something you like and something fortified with Vitamin C. I am not going to preach and tell you to avoid artificial sweeteners. If Crystal Lite works for you in normal times, go for it.
9. 5 pounds of Powdered Milk. Milk is a great source of protein and other nutrients. In addition it is filling and can be used to top your oatmeal cereal or stirred into your coffee as a flavor enhancer.
10. 5 pounds of Salt. It goes without saying that salt is an essential for survival plus it has a lot of uses other than as an enhancement for food. That said, our bodies need salt to survive.

11. 10 pounds of Pancake Mix. An all in one pancake mix (such as Krusteaz) only requires the addition of water to make up a batch of batter. As with oatmeal, a big plate of pancakes, perhaps with some honey or jam, will make a satisfying meal that can be eaten for breakfast, lunch or dinner.
12. 2 pounds of Honey and 2 large jars of Jam. We all need some sweetness in our life, even with Mother Nature or life deals us a blow. I choose honey and jam over sugar but at the end of the day, you can make a substitution or simply mix and match.
13. 10 pounds of Pasta. Pasta is familiar and easy to fix. Pasta is a dense form of wheat but so much easier to deal with when you are first starting out. Besides, it is a fabulous comfort food.
14. 10 cans or jars of Spaghetti Sauce. Cheap yet satisfying, canned pasta sauce on a bed of pasta creates a satisfying meal that can be put together in minutes.
15. 20 cans of Soup or Broth. The beauty of canned soups and canned broth is that they are budget friendly. Soups are an all-in-one meal solution. All you need is a can opener and a spoon and you have a meal ready to go. For an extra satisfying meal, try using a can of soup as part of the cooking water for your rice. Yummy!
16. One large jug of Oil. Choose olive oil, coconut oil or some other cooking oil, but definitely get some. Oil is essential for good health, fueling our energy stores and providing support for fat-soluble vitamins and nutrients as they work their way through our system. Not only that, but a bit of fat in your diet adds flavor and makes you feel satisfied when you are done eating.
17. Spices and Condiments. Adding some spices and condiments to your food storage pantry will allow you to vary the taste of your storage foods, thus mitigating some of the boredom that is likely to occur over time. The exact mix of spices and condiments is up to you but some suggestions include garlic, chili, Tabasco (hot sauce), salsa, oregano, thyme and black pepper.
18. 5 pounds of Coffee or 100 Tea Bags. There are those that will say that life without coffee is not life at all. Whole bean (assuming you have a hand grinder), ground or instant – take your choice. Or substitute tea. Green tea and many herbal teas are quite therapeutic so if you like tea, this may be a good way to go.
19. 2 large bags of Hard Candies. Hard candy can go a long way toward making an unpleasant situation bearable. Butterscotch drops, peppermints and even lemon drops are good. Have fun with this and pick up a couple of bags of your favorites!
20. Water. 2 gallons per day per person. You will need water to cook most of the above so be sure you have enough water on hand.