

Stocking Your Pantry for a Disaster

Shelf Stable Foods to Have on Hand

Food	Small	Large	Serving
Dairy			
Evaporated milk	5 oz	8 oz	1 cup
Dried milk		14.4 oz	1/3 cup in 1 cup water
Grains			
Instant rice	7 oz	28 oz	1/2 cup
Instant oatmeal	1 packet	Box of 12	1 packet
Grits	12 oz	36 oz	1 packet
Dressing mix	6 oz	16 oz	1 oz
Dried cereal	14 oz		1 oz
Instant pancake mix	5 1/2 oz	32 oz	3 pancakes = serving
Baked chips	9 oz	13 oz	1 oz
Crackers		16 oz	1 oz
Bread		16 oz	1 oz
Graham crackers		16 oz	1 oz
Granola	11.5 oz, 12 oz	16 oz, 24 oz	1/2 cup
Cereal bars		1 box	1 cereal bar
Pasta	6 oz, 10 oz,	12 oz, 16 oz, 24 oz	1 oz
Tomato products			
Canned tomato paste	6 oz	12 oz	2 tbsp
Canned tomatoes, sauce, chopped	8 oz	28 oz	1/4 cup
Spaghetti sauce	14 oz	2 lb 13 oz	4.5 oz
Vegetables			
Canned chilies	4 oz		
Canned enchilada sauce		10 oz	
Canned vegetables, peas, carrots, corn, green beans		15 oz	1/2 cup
Instant potatoes	4 oz, 7.2 oz	11 oz, 16 oz	4 oz
Fruit			
Canned fruit: pears, pineapple, peaches	4 oz individual	14 oz	4 oz
Apple sauce, jars or individually packed	4 oz individual	16 oz, 32 oz	4 oz
Dried fruit, cranberries, cherries, apricots, prunes	8 1/2 oz		1/4 cup
Raisins	1 1/2 oz	15 oz, 24 oz	1 1/2 oz
Canned juice, apple, orange, cranberry, grape	15 oz, 32 oz	46 oz, 64 oz	8 oz

Food	Small	Large	Serving
Protein			
Canned Tuna	3 oz	6 oz; 12 oz	¼ cup
Tuna in a pouch	3 oz	11 oz	2 oz
Canned chicken	3 oz	6 oz; 12 oz	¼ cup
Canned beef	12 oz	14 oz, 27 oz	3 oz
Corned beef		12 oz	3 oz
Peanuts		12 oz	1 oz or 39 pieces
Peanut butter	8 oz	16 oz	2 tbsp
Canned beans, pinto, black, red, blackeye	15 oz	55 oz	4 oz
Lentils	8 oz, 16 oz	24 oz	¼ cup dry
Other			
Mayonnaise	8 oz = 16 servings 15 oz = 30 servings	18 oz = 36 servings 30 oz = 60 servings	½ oz
Mustard	9 oz = 51 servings	12 oz = 68 servings 32 oz = 181 servings	1 tbsp
Onion juice 1 tsp = Equal to ½ med onion			
Onion powder 1 tsp = ¼ cup minced onion			
Garlic juice 2 tsp = Equal to 1 clove of garlic			
Garlic powder ¼ tsp = 1 clove of garlic			
Spices and herbs			
Chicken stock *bouillon cubes			
Beef stock *bouillon cubes			

Other goods

- Gas cooking stove
- Butane or propane bottles for stove
- 3 cooking pots, small and large saucepan, skillet with lid
- Handheld can opener
- Paper plates and bowls
- Disposable spoons, forks, knives
- Paper towels
- Paper napkins
- Hand sanitizer
- Dishwashing soap and hand soap
- Wet wipes
- Trash bags
- Ziploc bags
- Flashlights
- Medications for each person
- First aid kit
- Coolers and Ice



Plan on 1 gallon of water per day, per person, for drinking, cooking and personal hygiene.

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