

Emergency Pantry Items To Keep In Storage Besides Personal Favorites Watch Expiration Dates; Eat Before Expired, Discard Expired And Replace.

- Peanut butter. ...
- Whole-wheat crackers. ...
- Nuts and trail mixes. ...
- Cereal. ...
- Granola bars and power bars. ...
- Dried fruits, such as apricots and raisins. ...
- Canned tuna, salmon, chicken, or turkey. ...
- Canned vegetables, such as green beans, carrots, and peas. ...
- Canned soups and chili. ...
- Dry pasta and pasta sauces. ...
- Canned Foods. Canned foods should be a large staple of your pantry. ...
- Water and Water Containers. Water is essential to life. ...
- Candles and Matches. ...
- Blankets. ...
- Dried Meats. ...
- Nuts & Seeds. ...
- Shelf Stable Milk. ...
- First Aid Kit.
- Sugar
- Salt
- Spices

More Food Advice for an Emergency

- If the electricity goes out, how do you know what is and isn't safe to eat from the refrigerator? If your food has spent more than two hours over 40 degrees Fahrenheit, don't eat it. As long as frozen foods have ice crystals or are cool to the touch, they're still safe. "Once it gets to be room temperature, bacteria forms pretty quickly, and you want to be very careful about what you're eating," says Swanson. Keep the doors closed on your refrigerator and freezer to slow down the thawing process.
- If you don't have electricity, you may still be able to cook or heat your food. If you have outdoor access, a charcoal grill or propane stove is a

viable option (these can't be used indoors because of improper ventilation). If you're stuck indoors, keep a can of Sterno handy: Essentially heat in a can, it requires no electricity and can warm up small amounts of food in cookware.

- If your family has special needs—for example, you take medication regularly or you have a small child—remember to stock up on those essential items, too. Keep an extra stash of baby formula and jars of baby food or a backup supply of your medications.
- If you live in an area at high risk for flooding, consider buying all your pantry items in cans, as they are less likely to be contaminated by flood waters than jars. It's recommended that people don't eat home-canned foods or jarred foods that have been exposed to flood waters because those seals are not quite as reliable; always check the lid to see if it is “bulged”.