

5 Steps to a 3-Month Survival Pantry

Shopping List for 3-Months of Food Storage

A well-stocked three-month pantry allows you to cook and enjoy most recipes without running to the store. It also gives you the security of knowing you have plenty to eat for at least three months, should a disaster or crisis happen. So when you shop, buy two—one to use and one to store. Watch for case lot sales as well as weekly sales.

How to Use the Shopping List

I have included a list of food products you might want to add to your pantry, but the blank forms are your **Shopping List** to fill in the actual foods your family will eat and, to keep track of what your budget can afford.

When you have purchased an item, transfer it to a spreadsheet. Keeping your inventory spreadsheet up to date is important, otherwise it's easy to completely lose track of what you have and what you need.

Fill Out the Shopping Form:

1. Fill in the food product in the Item/Source column.
2. Fill in the source of the purchase. For example, you might have bought the product from the grocery store, the internet, or a co-op vendor.
3. Enter the number of each product you intend to purchase in the right hand column.
4. Write down an estimate of your budget for each item in the **Budget Cost** column.
5. In the first column, prioritize each product (based on your needs and current inventory) so that you can purchase the item as your budget allows.

Keep your **Shopping Lists** with you whenever you go to grocery stores, drugstores, etc. so you can know exactly what you need when you see it on sale.

| Baking Ingredients | Canned or Bottled Foods |
|---|--|
| Baking chips (butterscotch, milk chocolate, semisweet, white, etc.) | Applesauce |
| Baking chocolate squares (semisweet, unsweetened) | Beans (black, great northern, kidney, pinto, etc.) |
| Baking powder | Broth (beef, chicken) |
| Baking soda | Fruits (fruit cocktail, mandarin oranges, peaches, pears, pineapple, etc.) |
| Cocoa | Green chilies |
| Coconut | Jam and Jelly |
| Corn meal | Ketchup |
| Corn syrup | Meats (beef, chicken, ham, etc.) |
| Cornstarch | Mushrooms |
| Cream of tartar | Prepared entrées (chili, ravioli, spaghetti, soups, stews, etc.) |
| Extracts (almond, maple, mint, vanilla) | Salsa |
| Flour (all-purpose, bread, etc.) | Sauces (Alfredo, cheese, picante, spaghetti, etc.) |
| Food coloring | Soups, condensed (chicken, mushroom, celery, etc.) |
| Gelatin (flavored, plain) | Tomatoes (diced, paste, sauce, stewed) |
| Honey | Tuna |
| Marshmallows or Marshmallow Cream | Vegetables (Corn, green beans, peas) |
| Milk (evaporated, sweetened condensed) | Dried Fruits & Vegetables |
| Molasses | Apples |
| Nonstick cooking spray | Apricots |
| Nuts (almonds, peanuts, pecans, walnuts) | Carrots |
| Oil (olive, vegetable) | Celery |
| Pie filling | Cranberries |
| Salt and Pepper | Dates |
| Shortening | Onions |
| Spices (cinnamon, ginger, nutmeg, etc.) | Garlic |
| Sugar (brown, confectioners', granulated) | Peppers (bell, hot, etc.) |
| Tapioca, quick-cooking | Prunes |
| Yeast | Raisins |

