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Shelf-Stable Foods

for emergencies

- _____ Bottled Water
- _____ Protein Powder
- _____ Oatmeal
- _____ Nut butter: peanut/almond
- _____ Canned fruit/veggies
- _____ Canned meat/fish
- _____ Packaged snacks: granola bars
- _____ Freeze-dried foods
- _____ Freeze-dried meals
- _____ Hard candy



"Do you have shelf-stable foods for emergencies? In times of crisis or emergencies, having a well-stocked pantry can ensure you and your family access to nutritious, life-sustaining foods. You never know when or if you might face a natural disaster, local crisis, or other emergencies. Being prepared with food and supplies will bring you peace of mind should you ever find yourself in one of these problematic situations." -modernfoodstoragemama

