

## Emergency Ready Grocery List

<b>Grocery List</b>	
<b>Beverages</b>	<b>Amount</b>
Gallon Water	1 Gallon per person per day
Canned Apple Juice	2 packs of 6 8 oz cans
Canned Orange Juice	2 packs of 6 8 oz cans
Vegetable Juice, LS	2 packs of 6 8 oz cans
Canned Pineapple Juice	2 packs of 4 8 oz cans
Instant Tea/Lemonade	2 boxes
<b>Vegetables</b>	
Canned Diced Tomatoes	6 15 oz can
Onions	5 medium
Edamame	1 15.5 oz can
Bell Peppers	6 medium
Canned Mushrooms	1 15.5 oz can
Cucumbers	1 medium
Jalapeño Pepper	1 small
Garlic Cloves	8
Red Onion	2 medium
Broccoli	1 head
Canned beets	1 15.5 oz can
<b>Fruits</b>	
Red Grapefruit	1
Canned Mangos	1 15 oz can
Bananas	4
Unsweetened Applesauce	1 15.5 oz jar
Bag of Dried Apple Pieces	1 lb bag
Canned Pineapple Chunks	1 15.5 oz can
Canned Pears	2 15.5 oz cans
Limes	4
Raisins	1 15 oz box
Golden Raisins	1 15 oz box
Dried Pineapple Chunks	1 lb bag
Raspberry Jam	1 16 oz jar
Apples	8 medium
Mandarin Oranges	1 15.5 oz can
<b>Beans</b>	
Canned Wax Beans	3 14.5 oz cans
Canned Garbanzo Beans	4 14.5 oz cans
Canned Kidney Beans	1 14.5 oz can

Canned Black Beans	1 14.5 oz can
<b>Grains</b>	
Whole Wheat Pita Bread	2 pack of 6 (8 oz)
English Muffins	2 pack of 6
Packages, Pre-Cooked Brown Rice	pack of 4 8 oz cups
Whole Wheat Tortillas	2 pack of 6
Old Fashioned Rolled Oats	1 42 oz package
Bran Flakes	1 18 oz box
Wheat Chex Cereal	1 14 oz box
Granola	1 18 oz box
Quick Oats	1 42 oz package
Pre-packaged Angel Food Cake	1 cake
<b>Proteins/Fats</b>	
Bag of Pine Nuts	1 4 oz bag
Almond Butter	1 16 oz jar
Bag of walnuts	1 1 lb bag
Bag of almonds	1 1 lb bag
Bag of slivered almonds	1 1lb bag
	3 packs of 4 5 oz cans
Canned Chicken	
Pecans	1 16 oz bag
Canned Salmon	1 pack of 4 5 oz cans
EV Olive Oil	1 48 oz bottle
Sesame Oil	1 8 oz bottle
Peanut Butter	1 16 oz jar
<b>Herbs/Spices/Sauces</b>	
Hot Pepper Sauce	1 5 oz bottle
Cayenne Pepper	1 1.5 oz bottle
Barbeque Sauce	1 8 oz jar
Basil	1 5.5 oz bottle
Low Sodium Soy Sauce	1 5 oz jar
Red Pepper Flakes	1 .42 oz bottle
Mustard Seed	1 .42 oz bottle
Ginger	1 .8 oz bottle
Garlic Powder	1 2.7 oz bottle
Thyme	1 .78 oz bottle
Ground Allspice	1 .8 oz bottle
Cinnamon	1 2.45 oz bottle
Pizza Sauce	1 15 oz can
Chili Powder	1 .8 oz bottle
Parsley	2 .78 oz bottles
Honey	1 12 oz bottle

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Dijon Mustard	1 10 oz bottle
Vanilla Extract	1 8 oz bottle
Salt	1 26 oz bottle
Pepper	1 5.5 oz bottle
Cilantro Leaves	2 4 oz bottles
Ground Cloves	1 .9 oz bottle
<b>Misc.</b>	
Jar of Salsa	1 16 oz jar
Jar of Queso Cheese	1 16 oz jar
Cider Vinegar	1 16 oz bottle
Fat Free Caesar Dressing	1 16 oz bottle
Parmesan Cheese	2 8 oz shakers
Mini Chocolate Chips	1 11.5 oz package
Sugar	1 1lb bag
Rice Vinegar	1 24 oz bottle
Balsamic Vinegar	1 16.9 oz bottle
Red Wine Vinegar	1 16.9 oz bottle
Shelf Stable Vanilla Milk Boxes	4 8 oz single serve box
Coconut Flakes	1 14 oz bag
Ground Flaxseed	1 16 oz bag
Low Sodium Worcestershire Sauce	1 10 oz bottle
<b>Snack Items</b>	
Dry Cereal of choice	14 oz boxes
Energy Bars of choice	2 boxes
Pretzels	2 1 lb bags
Crackers of choice	1 large box
Trail Mix Bars	2 boxes
Cauliflower	1 head
Broccoli	1 head
Apples	1 bag
Oranges	1 bag
Canned Peaches	2 15.5 oz cans
Canned Pears	2 15.5 oz cans