

Survival Foods That Will Last Forever in Your Pantry



SWEETS



PROTEINS



PANTRY STAPLES



GRAINS



OTHER

SWEETS

- Honey
- Pure Maple Syrup
- Corn Syrup
- Sugar

PROTEINS

***Dried Beans**

PANTRY STAPLES

- Salt
- Pure Vanilla Extract
- Cornstarch
- Distilled White Vinegar
- Apple Cider Vinegar
- Baking Soda
- Bouillon
- Instant Coffee
- Tea
- Cocoa
- Soy Sauce

GRAINS

***Wheat Berries (Flour)**

***Rice**

***Dried Corn**

***Dried Pasta (Including Ramen Noodles)**

***Dried Potato Flakes**

***Dried Oats**

***Hardtack Survival Biscuits**

OTHER

- Alcohol
- Home Canned Goods
- Ghee
- Dehydrated or Freeze-Dried Fruits and Vegetables
- MRE Meals