

# *STOCKPILING CONDIMENT'S FOR SURVIVAL*

## **Basic Condiments**

- Salt (iodized or sea salt)
- Pepper (ground black pepper or peppercorns)
- Sugar (granulated or powdered)
- Honey or Maple Syrup

## **Cooking Essentials**

- Olive Oil or Vegetable Oil
- Vinegar (white vinegar, apple cider vinegar)
- Soy Sauce or Tamari
- Worcestershire Sauce

## **Flavor Enhancers**

- Hot Sauce (Tabasco, Sriracha, etc.)
- Mustard (Dijon, Yellow)
- Ketchup or Tomato Paste
- Barbecue Sauce

## **Spices and Seasonings**

- Garlic Powder or Garlic Salt
- Onion Powder
- Paprika
- Chili Powder or Cayenne Pepper

## **Miscellaneous**

- Bouillon Cubes or Powder (vegetable, chicken, beef)
- Stock or Broth (canned or boxed)
- Mayonnaise or Salad Dressings (in squeeze bottles for ease)
- Pickles or Relishes
- Reusable water bottle
- Gum or mints

## **Asian Condiments**

- Rice Vinegar
- Hoisin Sauce
- Fish Sauce
- Sesame Oil

## **Breakfast Essentials**

- Jam or Fruit Preserves
- Peanut Butter or Almond Butter
- Syrup (pancake or waffle syrup)
- Vegan Butter or Margarine

## **Salad Fixings**

- Olives (black or green, canned)
- Dried Cranberries or Raisins