

# Comfort Foods to Stockpile in Your Pantry Now - Checklist

## Shelf-Stable Staples

- Pasta (spaghetti, macaroni, etc.)
- Rice (white, brown, or instant)
- Instant mashed potatoes
- Dried beans and lentils
- Oatmeal and other grains (quinoa, couscous)

## Canned and Jarred Favorites

- Canned soups and stews
- Canned vegetables (corn, green beans, etc.)
- Canned fruits and pie fillings
- Pasta sauces and gravies
- Canned chili or baked beans

## Baking Essentials

- Flour (all-purpose, self-rising)
- Sugar (white, brown, powdered)
- Yeast and baking powder
- Baking mixes (pancake, cake, biscuit)
- Cocoa powder and chocolate chips

## Snacks and Treats

- Crackers and pretzels
- Popcorn (microwave or kernels)
- Chocolate bars and candies
- Chips (potato, tortilla, etc.)

Granola bars or energy bars

#### Dairy and Protein Options

Powdered milk or shelf-stable milk

Canned meats (tuna, chicken, spam)

Nut butters (peanut, almond, etc.)

Shelf-stable cheeses (Parmesan, Velveeta)

Plant-based proteins (lentils, tofu packs)

#### Spices and Condiments

Salt and pepper

Spices (cinnamon, paprika, garlic powder)

Ketchup, mustard, and mayo (shelf-stable packs)

Honey, syrup, and jam/jelly

Vinegar and cooking oils

#### **Storage Tips:**

- Label and date your items for easy rotation.
- Store in a cool, dry place away from sunlight.
- Use airtight containers for opened packages.

*Start Stockpiling Today!*

*Check off your comfort foods and enjoy peace of mind knowing your pantry is ready for anything.*