

# READY FOR ANYTHING



## Examples of Non Perishable or Shelf Stable Foods:

Canned / Dried Meats	canned chicken, tuna, salmon, Spam
Canned Soups	just-add-water soups, stews, and chili
Canned Fruits	peaches, pears, mandarin oranges, fruit cocktail
Canned Vegetables	green beans, mushrooms, carrots, pickles, tomatoes, tomato paste, tomato sauce, stewed tomatoes, peas, mixed veggies, corn
Dried Fruits	apples, mango, pineapple, blueberries, strawberries, apricots, raisins, prunes
Grains	rice, oatmeal, pasta, cereal
Canned Beans	garbanzo, pinto, black, kidney, edamame
Seasonings	a basic spice rack with savory and sweet spices. Also salt and pepper
Baking Items	flour, sugar, baking powder, baking soda, yeast
Milk	powdered, canned, shelf-stable, sweetened, condensed, evaporated
Beverages	coffee, tea, hot chocolate mix, powdered drink mixes, bottled juice, drinks with electrolytes (Gatorade, etc.)
Other Staples	salsa, broth, onions, garlic