

Two Week Disaster Meal Plan Shopping List

You will have to adjust the amounts of food you will need for the size of your family.

- Apples
- Potatoes
- Onions
- Winter Squash
- Carrots
- Lettuce
- Grapes
- Bananas
- Stone Fruit Of Your Choice
- Cantaloupe
- Peanut Butter
- Jelly
- English Muffins
- Granola Bars
- Bread
- Pita bread
- Flour Tortillas
- Oatmeal
- Cereal
- Grits
- Salsa
- Corn Chips
- Egg Noodles or other pasta you like
- Potato Chips
- Instant Rice
- Canned Gravy
- Canned Drinks
- Powdered Milk
- Farm Fresh Eggs or Powdered Eggs
- Marshmallows

- Graham Crackers
- Chocolate for S'mores
- Canned Soup Of Your Choice
- Two Cans Of Cream Of Mushroom Soup
- Canned Chicken
- Canned Tuna
- Canned Chili Beans
- Canned Kidney Beans
- Canned Garbanzo Beans
- Canned Refried Beans
- Cooking Oil
- Vinegar
- Sugar
- Chicken Bullion
- Cinnamon
- Salt and Pepper
- Brown Sugar
- Chili Powder
- Garlic Powder or Salt
- Just Add Water Pancake Mix
- Ketchup
- Mustard
- BBQ Sauce
- Mayo Packets (or tiny mayo jar)
- Flour
- Butter
- Canned Peas
- Canned Vegetables of Choice
- Bottled Water (1 Gallon of water per person per day + cooking water)
- Pickles, Olives or other pickled item your family likes