

# Pantry Staples to Keep On Hand

## The Basics

Peanut butter  
Rolled oats  
Granulated sugar  
Brown sugar  
Baking powder  
Baking soda  
Vegetable oil  
Kidney beans  
Pinto beans  
Black beans  
All purpose flour  
Cornmeal  
Pasta  
Beef base (bouillion)  
Chicken base (bouillion)  
Garlic salt  
Salt  
Pepper  
Dried onions  
Yeast  
Rice  
Powdered milk (for cooking)

All of these are non-perishable and could keep you going for months in case of an emergency.

## Canned Foods

Canned tomatoes  
Tomato sauce  
Tuna or Salmon  
Fruits  
Vegetables



## Non-Food Items to Keep in Stock

3% hydrogen peroxide	essential oils
bleach	hand soap
toilet paper	dish soap
fever reducers	laundry balls
thermometer	
flashlight & batteries	

## For Kids

Cloth diapers (get a dozen cheap ones even if you never plan to use them)  
Baby washclothes (perfect for wipes)  
Formula (if baby is bottle fed)