

FAMILY PREPAREDNESS

Best Foods to Stockpile

What items would you want in a crisis?

When an emergency strikes, it is important to have a plan. Water comes first, and, of course, your can opener!

The best foods to stockpile for an emergency are foods that can be prepared easily and are non-perishable (shelf-stable foods that can be stored at room temperature for a long time without spoiling.) Not all foods are created equal. The following is a list of foods that are cheap and long-lasting.

The following are the best foods to stock up on in case of an emergency:

Canned products like canned fish, meats, ready meals like spaghetti meatballs, ravioli, mac & cheese. Also, things like protein bars, granola bars, dried fruit, water and long-life (shelf stable) milk. Peanut butter is one of the best survival foods to stockpile as it is high in protein and calorie dense.

Dry Beans

The healthiest, most budget-friendly food is dried beans. As a meat replacement, they are a great source of protein and rich in fiber and vitamins. Dried beans have the longest shelf-life and may last indefinitely as long as they are kept completely dry.

- black
- cannellini
- red (kidney)
- chickpeas (garbanzo beans)
- pinto
- lima (butter beans)
- flageolet (fayot)

Pasta

Pasta is one of the best dry foods to store because it's quick to cook and has essential carbs and calories.

- spaghetti
- macaroni
- tagliatelli
- fusilli
- elbows
- penne
- lasagne
- tortellini
- ravioli
- wholegrain pasta

Rice

- white rice
- brown rice
- arborio rice (essential for risottos)
- basmati rice

Flour

- all-purpose flour
- whole meal/wholewheat flour
- bread flour
- self-rising flour

Dried Fruit

- raisins
- sultanas
- apricots
- dates
- figs
- cranberries
- apples
- prunes

Canned Vegetables

- corn
- tomatoes
- green beans
- peas
- carrots
- potatoes
- mixed vegetables
- spinach

Canned Fruits

- peaches
- mandarin oranges
- pears
- pineapple
- fruit cocktail
- pumpkin
- prunes

Miscellaneous Canned Foods

- Broth (chicken, beef and vegetable)
 - Oil (vegetable, sunflower, coconut and olive oil)
 - Coconut milk
 - Applesauce
 - Canned ready meals
 - ravioli, chili, mac & cheese, steak & onions, spaghetti & meatballs, stews
 - Tuna and other fish (salmon, sardines, mackerel)
 - Meat (corned beef, ham, spam, chicken)
 - Soups
 - Beans (baked, black, kidney, pinto and chickpeas)
 - Peanut butter (or other nut butters)
- sugar
 - baking mixes (pancakes, muffin and cake mixes)
 - powdered coffee creamer
 - yeast
 - baking powder
 - baking soda
 - salt
 - pepper
 - oregano
 - basil
 - thyme
 - parsley
 - tarragon
 - bay leaves
 - cayenne pepper
 - Chinese five spice
 - cumin
 - paprika
 - curry powder
 - chili powder
 - garlic powder
 - bouillon cubes (stock cubes)

Misc Dried Items

- ramen or other dried noodles
- lentils (red, green, yellow)
- stuffing mix
- oats
- nuts (peanuts, almonds, pecans, walnuts, brazils, hazelnuts)
- seeds (sunflower, pumpkin, sesame, flax/linseeds)

From:
<https://tuppennysfireplace.com/non-perishable-food-healthy-recipes/>

How to grow broccoli sprouts:

<https://www.stephgaudreau.com/how-to-grow-broccoli-sprouts-at-home/>

Seeds can be purchased from:
Organo Republic
5421 NW 82nd Avenue
Doral, FL 33166

The Church of Jesus Christ of Latter-Day Saints recommends a 3-month to one year supply.

“We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once.

With careful planning, you can, over time, establish a home storage supply and a financial reserve. We realize that some of you may not have financial resources or space for such storage.

Some of you may be prohibited by law from storing large amounts of food. We encourage you to store as much as circumstances allow. May the Lord bless you in your home storage efforts.”

-Message from The First Presidency of the Church of Jesus Christ of Latter-Day Saints