



Budget Emergency Prep List

Use What You Got • Practical Preparedness

Foods That Never Expire

- 1 ■ Honey
- 2 ■ Salt
- 3 ■ Sugar
- 4 ■ White vinegar
- 5 ■ Cornstarch
- 6 ■ Hard liquor (sealed)

Long Shelf-Life Foods (10–30 Years When Stored Properly)

- 1 ■ White rice
- 2 ■ Dry beans
- 3 ■ Rolled oats
- 4 ■ Pasta
- 5 ■ Freeze-dried meals
- 6 ■ Powdered milk
- 7 ■ Dehydrated vegetables

Staple Foods (Cheap Calories)

- 1 ■ White rice (20–40 lb total)
- 2 ■ Pasta (10–20 lb)
- 3 ■ Rolled oats
- 4 ■ Instant mashed potatoes

Protein

- 1 ■ Dry beans (pinto, black, lentils)
- 2 ■ Canned beans
- 3 ■ Canned tuna or chicken
- 4 ■ Spam or canned meat
- 5 ■ Peanut butter (rotate yearly)

Ready-to-Eat Foods

- 1 ■ Canned soups & stews
- 2 ■ Chili
- 3 ■ Ravioli / pasta meals
- 4 ■ Crackers
- 5 ■ Granola bars

Essentials

- 1 ■ Salt (iodized & non-iodized)
- 2 ■ Sugar
- 3 ■ Honey
- 4 ■ Cooking oil (rotate yearly)
- 5 ■ Bouillon cubes

Water & Hydration

- 1 ■ Bottled water (1 gallon per person per day)
- 2 ■ Water containers
- 3 ■ Water purification tablets or drops

Basic Prep Tools

- 1 ■ Manual can opener
- 2 ■ Flashlight
- 3 ■ Extra batteries
- 4 ■ Lighters or matches
- 5 ■ Power bank
- 6 ■ Trash bags

Storage Tip: Use airtight containers, mylar bags, and oxygen absorbers. Store in a cool, dark, dry place.