

## **Grocery Stockpile List: Non-perishables**

### **BAKING SUPPLIES**

Flour  
Yeast  
Salt  
Granulated sugar  
Powdered sugar  
Brown sugar  
Baking powder  
Baking soda  
Corn meal  
Corn starch  
Cocoa  
Vanilla extract  
Cooking oil (canola, olive, etc.)  
Spices  
Honey  
Powdered milk  
Sweetened condensed milk  
Chocolate chips  
Nuts  
White vinegar  
Apple cider vinegar

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### **BREAKFAST**

Cereal  
Oatmeal

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### **LUNCH AND DINNER**

Canned meats (tuna, salmon, chicken, etc.)  
Broth: (chicken, beef, etc.)  
Rice  
Dried pasta  
Beans

Peanut butter  
Jelly or jam  
Tomato-based products (sauce, paste, stewed, crushed, etc.)  
Canned fruits and vegetables  
Soup  
Dried fruits and vegetables

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**SNACKS**

Popcorn  
Pretzels/Chips

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**CONDIMENTS**

Ketchup  
Mustard  
Mayonnaise  
Salad dressing  
Barbeque sauce

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**Drinks**

- Water
- Coffee
- Tea
- Soda
- Juice

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**TOILETRIES**

- Soap (bar and liquid)
- Shampoo
- Conditioner
- Hair products (gel, mousee, hair spray)
- Lotion
- Deodorant
- Toothbrushes
- Toothpaste
- Mouthwash
- Razors
- Shaving cream or shaving soap
- Aftershave
- Feminine products

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**MEDICINE**

- OTC meds (aspirin, ibuprofen, etc.)
- Prescription meds

**CLEANING SUPPLIES**

- Laundry detergent
- Dish liquid
- Dishwasher detergent

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**PAPER AND PLASTIC GOODS**

- Toilet paper
- Paper towels
- Napkins
- Trash bags
- Freezer bags
- Sandwich bags
- Foil
- Plastic wrap
- Wax paper

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**HOUSEHOLD GOODS**

- Batteries
- Light bulbs
- Candles
- Matches

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**OTHER**

- Baby supplies (formula, diapers, wipes, etc.)
- Pet supplies (food, litter, etc.)

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