

## Groceries (Non-perishable)

Meal Planning

# Stockpile List

### 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

### BREAKFAST

Cereal  
Oatmeal

### LUNCH & DINNER

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

### LUNCH & DINNER, cont'd.

Beans  
Peanut butter  
Jelly or jam  
Dried fruits and vegetables  
Canned fruits & vegetables  
Tomatoes (sauce, paste, stewed, etc.)  
Soup

### SNACKS

Popcorn  
Pretzels/Chips

### CONDIMENTS

Ketchup  
Mustard  
Mayonnaise  
Salad dressing  
Barbecue sauce

### DRINKS

Water  
Coffee  
Tea  
Soda  
Juice

# Stockpile List

## TOILETRIES

Soap (bar & liquid)  
 Shampoo  
 Conditioner  
 Hair products (gel, mousse, hair spray, etc.)  
 Lotion  
 Deodorant  
 Toothbrushes  
 Toothpaste  
 Mouthwash  
 Razors  
 Shaving cream or shaving soap  
 Aftershave  
 Feminine products

## MEDICINE

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

## CLEANING SUPPLIES

Laundry detergent  
 Dish liquid  
 Dishwasher detergent

## PAPER & PLASTIC GOODS

Toilet paper  
 Paper towels

## PAPER & PLASTIC GOODS, cont'd.

Napkins  
 Trash bags  
 Freezer bags  
 Sandwich bags  
 Foil  
 Plastic wrap  
 Wax paper

## HOUSEHOLD GOODS

Batteries  
 Light bulbs  
 Candles  
 Matches

## OTHER

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