Stockpile List

Groceries (Non-perishable)

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

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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.)

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