

## **STOCK THAT PANTRY!**

- Dried Beans (kidney, lentils)
- Canned tomatoes (cut, diced, halved)
- Rice (not instant)
- Boxed potatoes
- Stuffing
- Dry Ranch dressing mix
- Dry Soup mix
- Bouillon cubes or powder
- Canned Cream soups
- Broth
- Canned vegetables
- Canned fruits and fruit cocktail
- Pudding mix
- Gelatin mix
- Cake and cookie mixes
- Bread Mix
- Malt-o-Meal and instant oatmeal
- Pasta, Pasta mixes, Pasta sauces
- Condiments (Ketchup, Mustard, Mayonnaise, BBQ sauce)
- Coffee (instant and regular)
- Tea (bagged and loose)
- Jams, jellies, sauces and syrups
- Peanut butter
- Mixed nuts, trail mix
- Crackers (Saltines, Club, Ritz)
- Graham Crackers

## **STOCK THAT FREEZER!**

- Boneless, skinless chicken breasts
- Fish fillets
- Frozen vegetables
- Frozen potatoes (hash browns, baby potatoes)
- Frozen meats such as pork chops, hamburger, turkey, whole chickens, fish

## **STOCK THAT CABINET!**

- Batteries (make sure you have a variety)
- Flashlights, battery-operated candles
- Portable radio
- Toilet Paper
- Paper towel
- Travel-size personal care products for every family member(shampoo, conditioner, lotion, body wash, deodorant, toothpaste, toothbrush)
- Dry pet food
- Two-week (or more) supply of necessary medications
- First-Aid kit: bandages, gauze, ointments, band-aids
- Aspirin or ibuprofen
- Paper plates/bowls, plastic utensils
- Bottled water, water purification tablets
- Extra blankets or sleeping bag
- Extra clothing for warmth
- Extra clothing for sleeping
- Firewood (if you have a fireplace)
- Matches
- Disposable cameras
- Charcoal for outdoor grilling

## **STOCK THAT FAMILY TIME!**

- Paper (lined and unlined)
- Writing utensils (pens, pencils, colored pencils, erasers, markers, crayons)
- Board games, cards, puzzles
- Books, journals
- Crafting supplies (scrapbooks, drawings, story making)