

We created a list with a variety of foods and drinks to keep on hand for your emergency food supplies. While this list isn't all inclusive, it is a great list of what we find to be the best survival foods.

1. Protein

- **Canned Fish** - canned tuna, salmon, sardines, and herring.
- **Nuts** - peanuts, almonds, brazil nuts, cashews, hazelnuts, pine nuts, pistachios, and walnuts.
- **Beans** - chickpeas, kidney beans, lentils, black beans, soybeans, pinto beans, and navy beans. *You can also opt for a longer storage life by storing dried beans.*
- **Meats** - Canned ham, chili, and beef. Freeze dried chicken and beef have up to a 25 year shelf life.
- **Peanut Butter**
- Oats, dried pumpkin seeds, and quinoa.

2. Dairy

- canned cheeses and frozen cheese

3. Fruits and Vegetables

- dried fruit and dried vegetables.
- canned dried fruits and vegetables

4. Pasta and Rice

5. Salt and Spices

- salt, pepper, and a variety of spices

Salt is also a great way to help preserve foods.

6. Sweeteners

- Honey

- White sugar

7. Butter and Oils

Canned butter

- Extra virgin coconut oil

8. Drinks

- Bottled water
- Powdered drinks (tang, carnation, protein powder, etc.)