

## **Grocery List**

### **\*\*\*NOTE\*\*\***

**This is a bare minimum three-day food plan.**

**This shopping plan is divided in eight parts to keep your initial cost of set-up to a minimum.**

**Keep at least a three-day supply of non-perishable food in your pantry.**

**Select foods that require no refrigeration, preparation or cooking.**

**If you have young children, consider adding a couple of their favorite non-perishable snacks as comfort food.**

**Rotate the stored food through your daily eating plan.**

**Date each food item using a Sharpie.**

**Items marked with an asterisk "\*" should be purchased for each member of the household.**

**Multiply this plan by 2 for a weeks' worth of food.**

**Multiply this plan by 4 for two weeks' worth of food.**

### **WEEK 1**

1 gallon of water\*

1 jar of peanut butter\*

1 large can juice\*

1 can meat\*

Food Thermometer

Hand-operated can opener. Get a good one.

Instant coffee, tea, powdered soft drinks

Permanent marking pen (Sharpie) to mark date of purchase on each item.

(Remember 1 gallon of water for each pet)

Also: pet food/water, diapers, and/or baby food if needed.

### **WEEK 2**

1 gallon of water\*

1 can meat\*

1 can fruit\*

Sanitary napkins

(Remember 1 gallon of water for each pet)

Also: pet food, diapers, and/or baby food, if needed.

### **WEEK 3**

2 gallons of water\*

1 can meat\*

2 cans fruit\*

2 cans vegetables\*

1 can ready to eat soup (not concentrate) \*

4 rolls toilet paper\*

Extra toothbrush\*

Travel size toothpaste\*

Also: special food for special diets, if needed.

Also: extra plastic baby bottles, formula, and diapers, if needed

### **WEEK 4**

1 can ready-to-eat soup\*

1 bottle Hand Sanitizer\*

Liquid dish soap

Plain liquid bleach

1 box heavy-duty garbage bags

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### **WEEK 5**

1 large can juice\*

1 box quick energy snacks\*(such as granola bars or raisins)

3 rolls paper towels\*

1 can meat\*

1 can fruit\*

1 can vegetables\*

1 package paper plates

1 package eating utensils

1 package paper cups

Large plastic food bags

Aluminum Foil

Vitamins

### **WEEK 6**

1 can meat\*

1 can vegetables\*

1 box large heavy-duty garbage bags

Kleenex\*

1 box quick energy snacks\*(such as granola bars or raisins)

### **WEEK 7**

1 box graham crackers

Dry cereal\*

Canned, UHT or Powdered Dry Milk

Assorted plastic containers with lids

Assorted safety pins

<https://urbansurvivalsite.com/survival-hacks-using-safety-pins/>

1 box large heavy-duty garbage bags

1 box quick energy snacks \*(such as granola bars or raisins)

### **WEEK 8**

Extra hand-operated can opener

3 rolls paper towels

Large plastic food bags

Plastic wrap

Aluminum foil