

## 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

# Stockpile List

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## 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.)