

Survival Food Checklist

TRUEPREPPER

For more information visit:

<https://www.trueprepper.com/survival-food-list/>

Minimum Requirements

Suggested Additions

Consider Adding

Short-Term Survival

- Water
- Canned Food
- Energy Bars or Granola
- Peanut Butter
- Crackers, Chips, etc.
- Dried Fruits
- Nuts
- Powdered Milk
- Oatmeal or Cereal
- Jams and Jellies
- Baby Formula
- Pet Food

Bug-Out Survival

- Water
- Survival Food Bars
- Beef Jerky
- Energy Bars
- Freeze-Dried Mobile Packs
- Nuts
- MREs
- Tuna Pouches

Long-Term Survival

- Water
- Canned Food
- Beans, Lentils, and Rice
- Energy Bars or Granola
- Peanut Butter
- Survival Bread
- Powdered Milk
- Cooking Oils and Lard
- Canned Preserves
- Dehydrated Fruits & Veggies
- Honey
- Freeze Dried Meals
- Freeze Dried Meat
- Freeze Dried Fruit
- Freeze Dried Vegetables
- Condiments

Food Storage Tools

- Food-Grade Buckets
- Mylar Bags
- Heavy-Duty Shelving
- Oxygen Absorbers
- Canning Equipment
- Freezer
- Dehydrator
- Vacuum Sealer
- Freeze-Dryer
- Impulse Heat Sealer

FOOD

