

Shelf-stable foods

Veg & Fruit

Dried fruit
Seaweed
Canned veg (corn, green beans, beets, carrots, tomatoes, artichokes)
Canned fruit
Salsa
Jarred pesto
Tomato sauce
Dehydrated vegetables and mushrooms
Applesauce
Fruit leather

Starch

Pasta, tortellini has cheese in it
Oatmeal
Granola
Crackers
Corn meal for polenta, Grits
Rice (can be instant)
Cous cous - cooks faster than most pasta
Corn pasta
Bulghur wheat

Prepared Foods

Knorr Pasta and Rice Sides
Soup packets
Ramen
Rice-a-roni
Packaged Mac-n-cheese
Indian meals in packets, put on rice or pasta
Packaged cereal
Stovetop Stuffing
Instant potatoes, either mashed or boxed side dish

Protein

Tuna
Chicken Packets
Jerky
Canned shrimp
Canned ham, spam
Canned bacon
Nuts
Peanut butter
Powdered eggs
Canned beans
Lentils - cook in 20 minutes
Instant refried beans
Dried beans - can be soaked to reduce cook time
Hummus packets, or ground chickpeas, oil, lemon packet, garlic

Canned brown bread

Canned chili is great on pasta

Canned ravioli

Canned soups

Jarred gravy (quality is not great, but sometimes you want potatoes and gravy. Add bouillon)

Evaporated or condensed milk

Soy, almond, etc. milks

Fresh Vegetables & Fruit that last for several days or longer

Potatoes

Onions

Apples

Oranges

Bananas

Sweet potatoes

Beverages

Coffee, instant is useful to have

Tea, instant is useful

Drink mixes - iced tea, lemonade, fruit punch, Tang

Powdered creamer if needed

Hot chocolate mix

Canned/ bottled juice

V-8 juice - you need your veg

Treats

Corn chips

Popcorn

Potato chips

Cookies

Nutella

Olives

Pickles

Jello, mix or cups

Pudding mix, or pudding cups

Brownie mix

Condiments- look for packets

Hot sauce

Barbecue sauce

Sriracha sauce

Soy sauce

Steak sauce

Ketchup

Mustard

Jelly

Foods that need some refrigeration

Eggs

Cheese, especially hard cheese

wax covered(babybel) and individually wrapped sliced cheese lasts longer

Bread (bread lasts better if refrigerated)

Margarine or butter(butter doesn't last as long)

Smoked salmon

Pepperoni, salami and other dry sausages, summer sausage.

Asparagus

Peppers

Broccoli

Cabbage

Squash

Carrots

Tortillas

Better-than-bouillon - makes great quality broth

artichokes

Cooking needs

Oil

Sugar

Honey

Salt, pepper

nutritional yeast

Bouillon cubes

Powdered milk

Herbs & spices, at a minimum, chili powder, curry, poultry seasoning, rosemary, italian seasoning, Seasoned salt, Garlic powder

Cayenne Pepper, Cumin, Coriander, Onion Powder, Thyme, Rosemary, Oregano

Flour

Corn starch (also used as powder)

Consider baking mix like bisquick, can be used with oil, powdered milk, powdered eggs.

Canned broth

Lemon & lime packets