

Disaster Meal Plan Grocery List

Beverages	Amount
Bottled Water	8 Gallons
Milk, Shelf-Stable	1 $\frac{3}{4}$ Gallons
Canned and Jarred Vegetables	
Artichoke Hearts	1 (14-ounce) Can
Beets	1 (16-ounce) Can
Black Olives	$\frac{3}{4}$ Cups
Carrots	1 (14.5-ounce) Can
Corn, Low Sodium	2 (15-ounce) Cans
Green beans, Low Sodium	2 (14.5-ounce) Cans
Lima Beans, Low Sodium	2 (15.25-ounce) Cans
Peas	1 (15-ounce) Can
Roasted Red Peppers, Low Sodium	1 $\frac{1}{2}$ Cups
Stir Fry Vegetables	2 (28-ounce) Cans
Canned and Jarred Fruits	
Cherries, Pitted	2 Cups
Diced Tomatoes, Low Sodium	4 (14.5-ounce) Cans
Fruit Cocktail	3 Cups
Mandarin Oranges	5 Cups
Peaches	6 Cups
Pears (in water)	6 Cups
Pineapple (in water)	3 Cups
Sun-Dried Tomatoes	3 Ounces

Dried Fruit	
Banana	1 Cup
Blueberries	$\frac{1}{2}$ Cup
Dates	8 Ounces
Mango	$\frac{1}{4}$ Cup
Pineapple	1 Cup
Raisins	$\frac{1}{2}$ Cup
Beans	
Black Beans, Low Sodium	2 (14.5-ounce) Cans
Cannellini Beans, Low Sodium	1 (14-ounce) Can
Chickpeas	1 (15-ounce) Can
Refried Beans	2 Cups
Grains	
Corn Taco Shells	8 Shells
Granola	1 Cup
Shelf-Stable Focaccia Loaf	1 Loaf
Shelf-Stable Pita Pockets	4 Pita Pockets
Quick Cooking Oats	2 $\frac{3}{4}$ Cups
Whole Grain Cereal	3 Cups
Whole Wheat Tortillas	4 Tortillas
Proteins and Fats	
Almond Butter	1 $\frac{1}{2}$ Cups
Almonds, Roasted,	3 $\frac{1}{2}$ Cups

Disaster Meal Plan Grocery List

Unsalted	
Cashews, Unsalted	<i>¼ Cups</i>
Chicken	<i>2 (15-ounce) Cans</i>
Coconut Flakes, Unsweetened	<i>1 ½ Cups</i>
Parmesan Cheese, Grated	<i>1 ¼ Cups</i>
Pistachios, Unshelled	<i>1 Cup</i>
Salmon, Low Sodium (in water)	<i>2 (5-ounce) Cans</i>
Turkey Jerky	<i>8 Ounces</i>
Walnuts	<i>2 Tablespoons</i>
White Tuna, Unsalted (in water)	<i>2 (6-ounce) Cans</i>
Sauces, Spices, and Herbs	
Balsamic Vinegar	<i>¼ Cups</i>
Basil, Dried	<i>2 Teaspoons</i>
Black Pepper, Ground	<i>¾ Teaspoon</i>
Cilantro, Dried	<i>¼ Teaspoon</i>
Cinnamon	<i>½ Tablespoon</i>
Cocoa Powder	<i>1 Tablespoon</i>
Dijon Mustard	<i>2 Teaspoons</i>
Ginger, Dried	<i>¼ Teaspoon</i>
Honey	<i>1 Cup</i>
Parsley, Dried	<i>¾ Cup</i>
Thyme, Dried	<i>1 Teaspoon</i>
Garlic Powder	<i>5 Teaspoons</i>
Lemon Juice	<i>¾ Cups</i>

Lime Juice	<i>3 Tablespoons</i>
Maple Syrup	<i>1 Tablespoon</i>
Olive Oil	<i>1 Cup</i>
Onion Powder	<i>1 Teaspoon</i>
Pizza Sauce	<i>2 Cups</i>
Red Pepper Flakes	<i>2 Teaspoons</i>
Red Wine Vinegar	<i>⅔ Cup</i>
Sweet Chili Sauce	<i>2 Tablespoons</i>
Salt	<i>As Desired</i>
Tahini	<i>2 Tablespoons</i>
Snack Items	
Applesauce	<i>4 Cups</i>
Chocolate Chips	<i>½ Cup</i>
Crackers	<i>12 Crackers</i>
Marshmallow Fluff	<i>4 Teaspoons</i>
Vanilla Wafers	<i>24 Wafers</i>
Miscellaneous	
Additional Water Bleach Disposable Cups Disposable Cutlery Disposable Plates Manual Can Opener Paper Towels	
<i>Tip: To sanitize use the ratio of 1 tablespoon of bleach to 1 gallon of cool water. Let air dry, or let stand for 2 minutes before wiping dry.</i>	