

The Pickled Prepper's Guide to Short-term Food Storage

One-Stop Shopping List for a 30-day Food Supply

The following shopping or storage list is intended to provide at least 30 days of food for two people. This list was designed based on items available at our local Sam's Club and Costco and where possible quantities are designed to match their pack sizes. Most items can, of course, be picked up at other club stores, Walmart, Target, or your local grocery store. If you don't see a brand listed, other brands or similar products may be substituted

This list assumes you are a carnivore and is not intended for vegetarians, vegans or those on restrictive diets like keto or gluten-free. Like most long-term survival food, it is carb heavy but in keeping with the standard American diet it aims to provide some meat an average of twice per day.

If you are preparing for four people, then double the amounts of everything except rice and oatmeal.

Substitutions are allowed, especially to suit your personal tastes, but try to have the same number of items in a category. For example, if you don't like or can't find beef stew, then stock more of another meat item or add extra meat-based soups. While much of it is processed food, it does not include candy, chips or other junk food, but you can add those and other items if you so desire. This should provide sufficient food, but if you find yourself hungry, then eat more rice or bread and a larger breakfast. If you double up on meats, you will run out.

This list does require baking, primarily of bread or similar items like flatbreads, bannock, and tortillas, all of which can be made over an open fire (watch some YouTube vides for instructions and simple recipes). The ingredients can also be used to make a variety of cookies and other sweets. 10 pounds of flour is sufficient to produce eight loaves and several batches of cookies or other items.

Shopping List

Number	Item	Description	Servings
1	25 pound bag of white rice		225
1	10 pound box of Quaker Oats oatmeal	This is NOT packets. You can substitute grits, cream of wheat, or other hot cereal	
1	10 pound bag of flour	2 five pound bags is fine	40+
1	Brick or package of yeast	This should not be a single-serving pouch	
8	Cans of chili	Should have BOTH beans and meat	16
8	Cans of Spam		16
2	Canned ham	1 pound or more	8
8	Cans of beef stew		16

16	Cans of soup	Any variety	16
2	Jars of Jif peanut butter	Crunchy or smooth	
8	Cans of tuna fish	Albacore is OK, too	16
8	Cans of chicken		16
8	Cans of corned beef hash		16
8	Pounds of pasta	Any shape or style	24
8	Jars of pasta sauce	Some meat sauce is good	24
1	Bag or box of pancake mix	5 pounds or more	
12	Packets of Ramen	Get the squares, not the cups	12
8	Cans of mixed vegetables	Like Veg-All	16
12	Can of beans/peas /corn or other vegetables		24
8	Cans of baked beans	You can substitute black beans, pintos, etc.	16
12	Cans of fruit	OK to mix and match apple sauce, fruit salad, mandarin oranges, peaches, pears, etc.	24
4	Packages of dried berries or other fruit		16+
2	Boxes of raisins		
2	Packages of crackers		20
1	Bag of split peas		4
1	Jar of mayo		
1	Bottle of olive oil	Or your oil of choice	

Items to buy if you do not have on hand

1	Pound of table salt		
1	5 pound bag of sugar		
	Assorted spices		
1	Can opener	Make sure you have a manual one!	
1	Can of baking powder		
1	Box of baking soda		
1	Beef and chicken bouillon		
1	Measuring cup		
1	Measuring spoons		
1	At least one mixing bowl		
1	Cookie sheet(s) and bread pan		

Optional additions that are nice to have but not required

Powdered milk	Especially good if you have kids
Powdered drink mixes	Multiple flavors
Canned salmon	
Potato granules or other dried potato dishes	
Pouches of flavored noodle and/or rice side dishes	
Other canned meats, like beef or pork	
Peanuts or mixed nuts	
Baking mixes	Brownies, cakes, muffins, etc.

Menu

- Breakfast items:
- Pancakes
 - Oatmeal with berries or fruit
 - Corned beef hash (with eggs, if available)
 - Toast or bannock with peanut butter
 - Spam and eggs (if eggs available)
 - Campfire donuts (bannock dough fried in oil and dusted with cinnamon sugar)
 - Rice cakes
- Lunch:
- Soup and crackers
 - Tuna sandwich
 - Chicken salad sandwich
 - Peanut butter sandwich
 - Ramen
 - Fried rice (made with canned veggies and a bit of chicken)
 - Ham sandwich or ham salad sandwich
- Dinner:
- Add a side of vegetables, baked beans, fruit and/or bread and butter to any of the following:
- A can of chili served over rice or mixed with noodles
 - Pasta with sauce
 - Beef stew with crackers
 - Spam burger/Spamwich
 - Split pea soup (include bits of ham or spam for flavor) and crackers
 - Sliced ham
 - Meat roll (meat baked inside bread, like a calzone but without the cheese)
- Snacks:
- Peanut butter and crackers
 - Dried fruit, nuts
 - Leftovers
 - Cookies (see below)
- Desserts:
- Rice pudding
 - Oatmeal cookies
 - Peanut butter cookies
 - Sugar cookies

The above list is items that can be bought and stored for a minimum of six months with many items lasting up to three years. (Flour has the shortest shelf life.)

If you haven't needed these foods within two years, we recommend you start eating these items and replacing them so that over the course of the third year, you end up with all new (and fresh) products. This type of rotation can be kept up indefinitely.

If you are lucky enough to have an opportunity to stock your fridge and freezer prior to an emergency, we recommend that you stock 4 dozen eggs, cheese, butter, milk, and various meats. Suggestions vary based on the size of your wallet and your personal preferences, but you can consider hamburgers, hot dogs, multiple kinds of sausages, pork loin, pork chops, lamb chops, ground beef, ground buffalo, ground pork, chicken thighs and legs, chicken breasts, shrimp, salmon, steaks, roasts, etc. The ground meat can be used in meatballs and meatloaf as well as other dishes.

For more information, please visit us at <http://www.pickeled-prepper.com>

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