

# 20 ESSENTIAL ITEMS LIST



	<p><b>Grains &amp; Rice</b></p>	<p>Supply: 200-250 lbs per family of four (2 years)</p>	<p>Storage: Airtight containers with oxygen absorbers, rotate regularly.</p>	<p>Grains like rice, oats, and quinoa have a long shelf life, providing essential carbohydrates.</p>
	<p><b>Canned Vegetables and Fruits</b></p>	<p>Supply: 1,500-2,000 cans per person (2 years)</p>	<p>Storage: Rotate stock regularly, choose low-sodium options.</p>	<p>Canned goods offer essential nutrients when fresh produce is unavailable.</p>
	<p><b>Dry Beans and Lentils</b></p>	<p>Supply: 300-400 lbs per family of four (2 years)</p>	<p>Storage: Airtight containers with desiccants, soak before cooking</p>	<p>High in protein and fiber, dry beans and lentils are versatile and have a long shelf life.</p>
	<p><b>Pasta and Noodles</b></p>	<p>Supply: 200-250 lbs per family of four (2 years)</p>	<p>Storage: Vacuum-sealed or in mylar bags with oxygen absorbers.</p>	<p>Pasta is versatile, easy to prepare, and can be stored for long periods.</p>
	<p><b>Canned and Dry Meats</b></p>	<p>Supply: 200 cans per person (2 years)</p>	<p>Storage: Cool, dark place; consider preserving your own meats.</p>	<p>canned and dried meats are essential for long-term storage.</p>



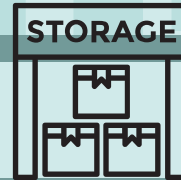
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<p><b>Shelf-Stable Milk Alternatives</b></p>	<p>Supply: 200-300 liters or powdered equivalent (2 years)</p>	<p>Storage: Cool, dark place, rotate stock regularly.</p>	<p>Milk alternatives like powdered milk, almond milk, and oat milk can replace fresh dairy.</p>
<p><b>Nuts and Seeds</b></p>	<p>Supply: 100-150 lbs per family of four (2 years)</p>	<p>Storage: Coolest area of your home, airtight containers, rotate stock.</p>	<p>Nuts and seeds are nutrient-rich and provide essential fats and protein.</p>
<p><b>Canned Soups, Stews, and Home-Canned Goods</b></p>	<p>Supply: 200-300 cans per person (2 years)</p>	<p>Storage: Mix of store-bought and home-canned, rotate stock regularly.</p>	<p>Home-canned goods are healthier and free from preservatives, crucial for emergencies.</p>
<p><b>Coffee and Tea</b></p>	<p>Supply: 14.6 kg (32 lbs) of coffee, 2.92 kg (6.4 lbs) of tea per person (2 years)</p>	<p>Storage: Airtight containers, cool, dark place, rotate regularly.</p>	<p>Coffee and tea are essential comfort items, providing a sense of normalcy.</p>
<p><b>Freeze-Dried Meals</b></p>	<p>Supply: 200-300 meals per person (2 years)</p>	<p>Storage: Cool, dry place; invest in a water filtration system.</p>	<p>Freeze-dried meals are convenient, lightweight, and have a long shelf life, ideal for emergencies.</p>



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<p><b>Alcohol (For Cooking and Sanitizing)</b></p>	<p>Supply: 20-30 liters of each type (2 years)</p>	<p>Storage: Cool, dark place; ensure bottles are tightly sealed, rotate stock.</p>	<p>Alcohol is essential for both cooking and sanitizing during emergencies.</p>
<p><b>Pet Food</b></p> <p><b>Dog:</b> <b>Cat:</b></p> <p><b>Other Pets: For pets like birds, fish, or reptiles, consult specific guidelines based on their species.</b></p>	<p>Dogs: A small dog (under 20 lbs) might eat about 1/2 cup to 1 cup per day, while a large dog (over 50 lbs) might eat 2 to 4 cups per day.</p> <p>Cats: A typical adult cat might consume about 1/4 to 1/2 cup of dry food or one 5.5 oz can of wet food per day.</p>	<p>Storage: Sealed containers, rotate stock regularly.</p>	<p>Pet Food Pets are part of the family, so their needs must also be considered during emergencies.</p>
<p><b>Vinegar and Baking Soda</b></p>	<p>Supply: 10-15 gallons of vinegar, 50-100 lbs of baking soda (2 years)</p>	<p>Storage: Sealed containers, rotate stock regularly.</p>	<p>Vinegar and baking soda are versatile, useful for cooking, cleaning, and even medical needs.</p>
<p><b>Nut Butters and Seeds</b></p>	<p>Supply: A family of four might need around 100-150 lbs. (2 years)</p>	<p>Rich in protein and healthy fats, nut butters and seeds are essential for energy.</p>	<p>Rich in protein and healthy fats, nut butters and seeds are essential for energy.</p>



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<b>Honey and Syrups</b>	Supply: 10-20 liters per family of four (2 years)	Storage: Tightly sealed containers, store in a cool, dark place.	Natural sweeteners with long shelf lives, essential for preserving and cooking.
<b>Healthier Cooking Oils</b>	Supply: 20-30 liters per family of four (2 Years)	Storage: Dark glass bottles, cool, dark place, rotate stock	Choose healthier oils like olive, coconut, and avocado oil for cooking and baking.
<b>Spices and Condiments</b>	<b>Supply:</b> 10-15 lbs per spice (2 years)	Airtight containers, grow and dry your own herbs.	Spices and condiments keep meals flavorful and varied, essential for morale.
<b>Flour, Baking Essentials, and Sourdough Starter</b>	<b>Supply:</b> 200-300 lbs of flour per family of four (2 years)	Storage: Airtight containers, maintain and feed your sourdough starter regularly.	Baking essentials are crucial for creating food from scratch; a sourdough starter is invaluable.
<b>Dried Fruits</b>	<b>Supply:</b> 100-150 lbs per family of four (2 years)	<b>Storage:</b> Airtight containers, dehydrate your own fruits for freshness.	Dried fruits provide essential vitamins and make for great snacks.
<b>Bottled Water</b>	<b>Supply:</b> 730 gallons per person (2 years)	<b>Storage:</b> Food-grade containers, cool, dark place, rotate stock regularly.	Water is the most critical item for survival, necessary for drinking, cooking, and sanitation.