

# Emergency meals shopping list

## Emergency Meals Shopping List

### Pantry Staples

- ☐ Brown rice
- ☐ Quinoa
- ☐ Chickpeas (canned)
- ☐ Basic seasonings and spices
- ☐ Pesto sauce
- ☐ Tahini

### Freezer Essentials

- ☐ Mixed frozen vegetables for stir-fries
- ☐ Portioned soups/stews
- ☐ Healthy frozen meals

### Protein Sources

- ☐ Chicken (can be frozen in portions)
- ☐ Tofu
- ☐ Eggs

### Fresh Produce (buy as needed)

- ☐ Broccoli
- ☐ Spinach
- ☐ Bell peppers

### Storage & Prep Items

- ☐ Meal prep containers

- ☐ Freezer-safe bags
- ☐ Storage containers for sauces

Remember: Check your supplies monthly and rotate items to maintain freshness!