



MY STOCKED THM PANTRY

FOR EMERGENCY PREPAREDNESS

Oh Sweet Mercy

Do what you can with the resources you have. Try to buy organics as much as possible and include low-sodium options, especially if water shortages may be an issue in your area/situation. Also include ready-to-eat options in case you have no way to cook food. **MAKE SURE YOU HAVE A CAN OPENER!** Use an [online calculator](#) to help you determine how much food you should stock for your family. Check supply regularly and replace any foods about to go out of date with fresh.

PROTEINS lean and fatty canned/pouches/dried/powdered

AMOUNT

HEALTHY CARBS

dry/canned/powdered/freeze dried

AMOUNT

- Chicken _____
- Fish _____
- Beef _____
- Pepperoni, pre-cooked bacon, etc. _____
- Eggs/egg whites (dried/powdered) _____
- Meat jerky _____
- Bone broth _____
- Beans, dry _____
- Beans, canned _____
- Lentils, dried _____
- Quinoa _____
- Buckwheat _____
- Chia seeds _____
- Hemp seeds _____
- Nuts _____
- _____
- _____
- _____
- _____
- _____
- _____

- Rolled oats (or pre-soaked) _____
- Rice; brown, black, wild, jasmine _____
- Quinoa _____
- Buckwheat _____
- Beans _____
- Lentils _____
- Chana dal _____
- Split peas _____
- Peas _____
- Corn _____
- Canned fruit _____
- Unsweetened applesauce _____
- Dried fruit _____
- Light rye wasa crackers _____
- Rice cakes _____
- Bean/legume/rice pastas _____
- _____
- _____
- _____
- _____

HEALTHY FATS

shelf stable/dried/powdered

AMOUNT

- Olive oil _____
- Coconut oil, unrefined or refined _____
- MCT oil _____
- Red palm oil _____
- Eggs (dried/powdered) _____
- Butter _____
- Ghee _____
- Coconut mana _____
- Coconut milk _____
- Nuts _____

- Seeds _____
- Nut butter _____
- Seed butter (tahini) _____
- Olives _____
- Coconut shreds, flakes _____
- _____
- _____
- _____
- _____
- _____



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NON-STARCHIES

canned/pouches/dried/powdered

AMOUNT

THM PRODUCTS

or equivalent

AMOUNT

- Green beans _____
- Tomatoes (sauce, paste, diced, etc.) _____
- Mushrooms _____
- Spaghetti sauce _____
- Turnips _____
- Okra _____
- Asparagus _____
- Artichokes _____
- Sauerkraut _____
- Pickles _____
- Kimchi _____
- Pickled veggies (dilly beans, okra) _____
- Capers _____
- Dried vegetables _____
- Kale chips _____
- Dried/powdered greens _____
- Dried/powdered berries _____
- _____
- _____
- _____
- _____

- Pristine Whey Protein (plain) _____
- Pristine Whey Protein (flavored) _____
- Integral Collagen _____
- Just Gelatin _____
- High Mineral Salt _____
- Glucie (glucomannan powder) _____
- Baobab Boost Powder _____
- Baking Blend _____
- Pressed Peanut Flour _____
- Pure Stevia Extract _____
- Erythritol _____
- Super Sweet Blend _____
- Gentle Sweet _____
- Oolong Tea _____
- _____
- _____
- _____
- _____
- _____

MISCELLANEOUS

condiments, seasonings, beverage, etc.

AMOUNT

- Coffee, regular or instant _____
- Tea; oolong, green, herbal, etc. _____
- Liquid aminos; soy or coconut _____
- Salt, high mineral _____
- Pepper _____
- Garlic powder _____
- Onion powder _____
- Dried, minced onion _____
- Chili powder _____
- Curry powder _____
- Condiment packs - mayo, mustard, ketchup, et. _____
- Almond flour _____
- Coconut flour _____

- Ground flax meal _____
- Honey _____
- Molasses _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



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EQUIPMENT

for food prep and clean up

AMOUNT

OTHER PREPAREDNESS

EQUIPMENT

AMOUNT

- CAN OPENER** _____
- Sharp knife _____
- Small cutting board _____
- Small mixing bowl _____
- Whisk _____
- Mixing spoon _____
- Eating utensils for each person _____
- Plates or bowls for each person _____
- Drinking cups for each person _____
- At least one cooking pot _____
- One pot for boiling water _____
- Emergency cook stove _____
- Cooking fuel _____
- Matches, lighters _____
- Dish pan _____
- Dish soap _____
- Dish towels, cloths _____
- Paper towels _____
- Bleach, disinfectant _____
- _____
- _____
- _____
- _____

- Bottled water _____
- Water purification tablets or system _____
- Good first aid kit _____
- Disposable gloves, nitrile, etc. _____
- Prescription medications _____
- OTC medications, pain reliever, allergies, colds, etc. _____
- Vitamins and supplements _____
- Diabetic supplies _____
- Toilet paper _____
- Feminine hygiene products _____
- Diapers, wipes, creams _____
- Baby formula, bottles, sterile water _____
- Toys, books, crayons, games _____
- Backpacks, in case of evacuation _____
- Basic tools _____
- Small sewing kit _____
- Flashlights/lanterns _____
- Batteries _____
- Fuel for vehicles _____
- Fuel for heaters _____
- Blankets, pillows _____
- Important papers; Driver's license, passport, social security cards, passport, etc. _____
- Banking information _____
- Contact numbers for next of kin _____
- An emergency plan that includes where to meet if separated _____
- Feed and supplies for pets or livestock _____
- _____
- _____
- _____
- _____
- _____
- _____

REMEMBER...

IN AN EMERGENCY

STAY CALM

ASSESS THE SITUATION

SEEK HELP

HELP OTHERS

REMOVE YOURSELF

FROM THE SITUATION

IF POSSIBLE

Plan and prepare as well as you can now.
Keep your emergency supplies in good condition.
Make sure everyone knows the emergency plan.

