

MORE THAN JUST SURVIVING

/The Best Survival Foods Checklist

1. Staple Survival Foods

- Rice: white, wild, jasmine, Arborio and basmati (brown rice does not keep forever)
- Hardtack crackers/biscuits
- Dried cranberries

2. Other Survival Foods

- Honey
- Molasses
- Maple syrup
- Dried lentils
- Dried beans
- Dry split peas
- Dry mix Jello
- Gobstoppers

3. Non-Perishable If Frozen

- Dried pasta
- Noodles
- Dried fruits (such as raisins, dried cranberries, dried cranberries, dried cherries, dried apricots, dried mangoes, dates, dried blueberries, dried plums, banana chips, figs)
- Instant/freeze-dried coffee

4. Base Ingredients

- Corn starch
- Baking soda
- Corn syrup

5. Non-Perishable Seasonings

- Salt
- Sugar
- Pepper
- Spices
- Dried herbs
- Pure flavour extracts (pure vanilla extract, etc.)

6. Non-Perishable Condiments

- Vinegar (white, apple, balsamic, raspberry, rice wine, and red wine vinegar)
- Worcestershire sauce (unopened)

7. Non-Perishable Drinks

- Wine
- Spirits
- Liquors