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

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