

# Cooking for One or Two People: Your Emergency Food Shelf

Having an emergency shelf stocked with non-perishable foods and some frozen foods is a big help if you can't get out to the store. You can plan quick and creative meals with just a few basic items. Even though the non-perishable foods will last for a long time on the shelf, it is a good idea to use and replace them occasionally. Items stored in the freezer should be used within two to three months.

## Suggested items to have on hand

### Vegetables and Fruit

- Canned or frozen fruits and vegetables. Look for brands without any added salt or sugar.
- Canned, boxed or frozen juice.
- Dried fruit (raisins, dates, apricots).
- Sodium-reduced canned soup (mushroom, vegetable, tomato).
- Canned or jarred pasta sauces. Look for lower sodium choices.

### Grain Products

- Whole grain bread, rolls, muffins. Keep extras in the freezer.
- Crackers, melba toast, breadsticks.
- Enriched or whole grain pasta.
- Brown rice and other grains such as couscous, millet or quinoa.
- Biscuit mix.
- Hot cereals (oatmeal, cream of wheat).
- Ready-to-eat cereals. Look for cereals made with whole grains – the word “whole” should be in front of the grain in the ingredient listing.
- Flour.



## Milk and Alternatives

- Canned evaporated milk.
- Dried skim milk powder.
- Shelf-stable milk. Look for boxed milk or unsweetened soy beverage in tetra pack containers on the grocery store shelves.

## Meat and Alternatives

- Lower sodium canned salmon, tuna, chicken or sardines.
- Lower sodium canned beans, stew, chili.
- Dried or lower sodium canned lentils and beans.
- Peanut butter.
- Nuts and trail mix. Keep small amounts in the freezer to keep them fresh.
- Plain, unbreaded frozen meat, poultry, fish.
- Frozen dinners. Choose ones with more vegetables and less sodium.

## Other

- Sugar
- Baking powder
- Baking soda
- Low sodium bouillon
- Coffee/Tea