## Hidden Cache Prepper Long-term Pantry Staples

□ Water
□ Honey
Sugar
Maple Syrup
□ Salt
Dried Herbs
Soy Sauce
Bouillon Cubes
□ Rice
□ Flour
Dried Beans & Lentils
Mustard & Ketchup
Coffee & Tea
Wine
Hard Liquor: brandy/gin/tequila/vodka/rum/whiskey
Pasta
Beef Jerky
Canned Meats
Vinegar
Popcorn
Gelatin
Whole Grain Oats
Coconut Milk
Powdered Milk
Low-Acid canned vegetables:
carrots/corn/beans/potatoes/pumpkin/spinach
Peanut Butter powder & Peanut Butter
Dark Chocolate
Ramen Noodles

\*When stored properly, these items will keep for over a year.