

Hidden Cache Prepper Long-term Pantry Staples

☐ Water
☐ Honey
☐ Sugar
☐ White Rice
☐ Salt
☐ Vinegar: Distilled and Apple Cider Vinegar
☐ Pure Vanilla Extract
☐ Bouillon Cubes
☐ Maple Syrup
☐ Flour
☐ Dried Beans & Lentils
☐ Mustard & Ketchup
☐ Coffee & Tea
☐ Wine
☐ Hard Liquor: brandy/gin/tequila/vodka/rum/whiskey
☐ Pasta
☐ Beef Jerky
☐ Canned Meats: fish/turkey/pork/chicken/beef
☐ Dried Herbs
☐ Popcorn: whole kernels, not the microwaveable variety
☐ 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

*When stored properly, these items will keep for over a year. Consult your healthcare provider for advice regarding long-term food storage and specific medical conditions.

Hidden Cache Prepper Long-term Pantry Staples

☐ Ramen Noodles
☐ Lard & Shortening
☐ Soy Sauce
☐ Pepper

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