

Prepper Pantry Checklist

Calculation:

To determine the amount of food and water you need for your family, use the following formula:

- Food: Aim for at least 1,800 calories per person per day.
- Water: Store at least 1 gallon of water per person per day.

Example:

For a family of 4:

- Food: $1,800 \text{ calories} \times 4 \text{ people} \times 30 \text{ days} = 216,000 \text{ calories per month}$
- Water: $1 \text{ gallon} \times 4 \text{ people} \times 30 \text{ days} = 120 \text{ gallons per month}$

Adjust these quantities based on the number of family members and the length of time you want to be prepared for.

Essential Items:

Non-Perishable Foods:

- Canned vegetables
- Canned fruits
- Canned meats (chicken, tuna, etc.)
- Canned soups
- Rice
- Pasta
- Beans
- Lentils
- Flour
- Sugar
- Baking powder

Water and Beverages:

- Bottled water
- Water purification tablets
- Shelf-stable milk
- Juice
- Coffee

Cooking and Fuel:

- Portable stove
- Fuel canisters
- Fire starters
- Matches

Other Essentials:

- First aid supplies
- Hygiene products
- Cleaning supplies
- Paper products (toilet paper, paper towels)

Advanced Prepper Pantry Tips:

- Canning supplies
- Dehydrating equipment
- Freezing supplies
- Gardening tools and seeds for growing your own food
- Bulk storage containers and sealing equipment

Tips for Effective Rotation and Maintenance:

- Use the FIFO method (First In, First Out)
- Conduct monthly inventory checks
- Regularly check expiration dates and conditions of stored items
- Keep track of what's been used and restock as needed