



PANTRY SHOPPING LIST

Week 11

Customize the suggested items by substituting them to suit your needs.

FOOD	HOW MANY ITEMS	NOTE
Water (1 gallon per day per person) for several days for drinking and sanitation.		
Ready to eat canned meats		
Dried Fruits		
Canned Vegetables		
Protein or Fruit Bars		
Almond or Peanut Butter		
Powdered Milk		
Baby Foods		
Comfort foods (Sweet Treats)		



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FOOD	HOW MANY ITEMS	NOTES
EXTRA ITEMS		
Toilet paper (1 roll per person per week for at least 1 months)		
Antibiotic Ointment		
Over the counter medications		
Scissors		
Prescribed Medication		

**Make extra copies as needed.
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