# Survival Food Checklist

**For more information visit:**
https://trueprepper.com/survival-food-list/

## Minimum Requirements
- [ ] Water
- [ ] Canned Food
- [ ] Energy Bars or Granola
- [ ] Peanut Butter
- [ ] Crackers, Chips, etc.
- [ ] Dried Fruits
- [ ] Nuts
- [ ] Powdered Milk
- [ ] Oatmeal or Cereal
- [ ] Jams and Jellies
- [ ] Baby Formula
- [ ] Pet Food

## Suggested Additions
- [ ] Canned Preserves
- [ ] Dehydrated Fruits & Veggies
- [ ] Honey
- [ ] Freeze Dried Meals
- [ ] Freeze Dried Meat
- [ ] Freeze Dried Fruit
- [ ] Freeze Dried Vegetables
- [ ] Condiments
- [ ] Survival Seed Vault

## Consider Adding
- [ ] Energy Bars or Granola
- [ ] Beans, Lentils, and Rice
- [ ] Heavy-Duty Shelving
- [ ] Oxygen Absorbers
- [ ] Canning Equipment
- [ ] Vacuum Sealer
- [ ] Freeze-Dryer
- [ ] Impulse Heat Sealer

## Short-Term Survival
- [ ] Water
- [ ] Canned Food
- [ ] Energy Bars or Granola
- [ ] Peanut Butter
- [ ] Crackers, Chips, etc.
- [ ] Dried Fruits
- [ ] Nuts
- [ ] Powdered Milk
- [ ] Oatmeal or Cereal
- [ ] Jams and Jellies
- [ ] Baby Formula
- [ ] Pet Food

## Long-Term Survival
- [ ] Water
- [ ] Canned Food
- [ ] Beans, Lentils, and Rice
- [ ] Energy Bars or Granola
- [ ] Peanut Butter
- [ ] Survival Bread
- [ ] Powdered Milk
- [ ] Cooking Oils and Lard
- [ ] Canned Preserves
- [ ] Dehydrated Fruits & Veggies
- [ ] Honey
- [ ] Freeze Dried Meals
- [ ] Freeze Dried Meat
- [ ] Freeze Dried Fruit
- [ ] Freeze Dried Vegetables
- [ ] Condiments
- [ ] Survival Seed Vault

## Food Storage Tools
- [ ] Food-Grade Buckets
- [ ] Mylar Bags
- [ ] Heavy-Duty Shelving
- [ ] Oxygen Absorbers
- [ ] Canning Equipment
- [ ] Freezer
- [ ] Dehydrator
- [ ] Vacuum Sealer
- [ ] Freeze-Dryer
- [ ] Impulse Heat Sealer

## Bug-Out Survival
- [ ] Water
- [ ] Survival Food Bars
- [ ] Beef Jerky
- [ ] Energy Bars
- [ ] Freeze-Dried Mobile Packs
- [ ] Nuts
- [ ] MREs
- [ ] Tuna Pouches