



Cooking for One or Two: Your Emergency Food Shelf

Having an emergency shelf stocked with non-perishable foods is a big help if you can't get out to the store. You can plan quick and creative meals with just a few basic items. Even though these foods will last for a long time on the shelf, it is a good idea to use and replace them occasionally. Items stored in the freezer should be used within two to three months.

Suggested items to have on hand

Grain products

- ☼ Frozen whole grain bread, rolls, muffins.
- ☼ Crackers, Melba toast, breadsticks.
- ☼ Enriched macaroni, noodles, spaghetti.
- ☼ Enriched or brown rice.
- ☼ Biscuit mix.
- ☼ Hot cereals (oatmeal, cream of wheat).
- ☼ Ready-to-eat cereals.
- ☼ Flour.

Vegetables and fruits

- ☼ Canned or frozen fruits and vegetables.
- ☼ Canned, boxed or frozen juice.
- ☼ Dried fruit (raisins, dates, apricots).
- ☼ Canned or dried soup (mushroom, vegetable, tomato).
- ☼ Canned or bottled pasta sauces.

Meat and alternatives

- ☼ Canned salmon, tuna, chicken, sardines, ham.
- ☼ Canned pork and beans, spaghetti, stew, chili.
- ☼ Dried or canned lentils and beans.
- ☼ Peanut butter.
- ☼ Nuts.
- ☼ Frozen meat, poultry, fish.
- ☼ Frozen dinners.



Milk products

- ☼ Canned evaporated milk.
- ☼ Dried skim milk powder.
- ☼ Instant pudding mix or ready made puddings.

Other

- ☼ Sugar.
- ☼ Baking powder.
- ☼ Baking soda.
- ☼ Bouillon.
- ☼ Coffee.
- ☼ Tea.



For more tips, pick up a copy of
Senior Friendly Ideas for Healthy Eating 12
Cooking for One or Two: Eating Alone