Emergency Food Stockpiling Checklist

A practical, printable companion to A Practical Guide to Household Food Preparedness

Use this checklist to identify foods your household already stores and what you may want to add. Record quantities in your preferred units (cans, packages, kg, lb, or litres). In the Priority column, mark High, Medium, or Low based on actual household needs. This is a planning guide, not a requirement to buy every item.

Household: _____ Date: _____ People: _____ Target days: _____

Grains and energy-rich staples

	Food / supply	Have	Need	Priority
☐	White rice			
☐	Pasta			
☐	Rolled oats			
☐	Flour			
☐	Cornmeal			
☐	Couscous or quinoa			
☐	Instant potatoes			
☐	Crackers or shelf-stable bread			

Protein-rich foods

	Food / supply	Have	Need	Priority
☐	Dried beans			
☐	Canned beans			
☐	Lentils			
☐	Canned tuna or salmon			
☐	Canned chicken or meat			
☐	Peanut butter			
☐	Nuts and seeds			
☐	Other shelf-stable protein foods			

Food Variety and Meal Ingredients

Choose foods your household actually eats. Aim for useful meal combinations, not just the highest number of calories. Check packaging and rotate foods according to their storage needs.

Vegetables and fruits

	Food / supply	Have	Need	Priority
☐	Canned vegetables			
☐	Canned tomatoes / tomato sauce			
☐	Canned fruit			
☐	Dried fruit			
☐	Freeze-dried vegetables			
☐	Shelf-stable fruit purées			

Fats and cooking essentials

	Food / supply	Have	Need	Priority
☐	Cooking oil (rotate regularly)			
☐	Shelf-stable spreads			
☐	Salt			
☐	Sugar or honey			
☐	Baking powder and baking soda			
☐	Spices and seasonings			
☐	Broth or bouillon			

Additional foods and dietary needs

	Food / supply	Have	Need	Priority
☐	Powdered milk			
☐	Shelf-stable milk alternatives			
☐	Ready-to-eat soups or meals			
☐	Breakfast cereals			
☐	Foods for allergies or medical diets			
☐	Infant food or formula, if needed			
☐	Pet food, if needed			

Supporting Supplies and Action Plan

A food reserve is only dependable if it can be stored, accessed, and prepared safely. Use this page to identify supporting supplies and your next practical purchases.

Supporting emergency supplies

	Food / supply	Have	Need	Priority
☐	Safe drinking and cooking water			
☐	Manual can opener			
☐	Safe backup cooking equipment			
☐	Appropriate cooking fuel			
☐	Food-safe storage containers			
☐	Food inventory and rotation records			

Your next purchases

Select a few high-priority gaps that fit your budget. Start with foods you use regularly and ingredients needed to make complete meals.

Priority	Food or supply to add	Quantity needed	Budget / notes

Practical checks before buying more

Can these foods be eaten safely by everyone in the household? Do you have the water and equipment to prepare them during an outage? Can they be stored properly and used before quality deteriorates? Are there ready-to-eat options if cooking is unavailable?

Storage and rotation reminder

Keep foods in suitable cool, dry conditions and inspect packaging regularly. Rotate oils, nuts, whole-grain products, and other shorter-life foods through everyday meals. A full pantry is not the same as a nutritionally complete meal plan. Use the separate Household Pantry Assessment Worksheet to estimate calories, food duration, and water requirements.

Review date: _____ Next inventory date: _____