

(For 1 Adult – Adjust Quantities for Family Size)

✓ Pro Tip: Build your stockpile gradually—buy 5 extra items per grocery trip to spread out costs.

Carbohydrates (Energy Base)

- 25 lbs rice *(white lasts 30+ years, brown 6 months)*
- 10 lbs pasta *(or 5 lbs pasta + 5 lbs flour)*
- 5 lbs oats (*for breakfasts & baking*)
- 2 boxes crackers (*whole grain for longer shelf life*)
- 5 lbs cornmeal (*for bread, pancakes, or grits*)

💡 Budget Hack: Buy rice/beans in 20-lb bags at ethnic markets for 50% savings.

Proteins & Canned Goods

- 20 cans beans *(black, pinto, chickpeas – \$0.50/can)*
- 10 cans tuna/chicken (*in water, not oil*)
- 5 jars peanut butter *(natural lasts 2+ years unopened)*
- 10 cans vegetables (*corn, carrots, green beans*)
- 5 cans fruit (*in juice, not syrup*)
- 5 cans soup/stew (*low-sodium if possible*)

⚠ Watch Out: Avoid dented/swollen cans (botulism risk).

Dairy & Fats (Critical Calories)

- 2 lbs powdered milk (*for cereal, baking, coffee*)
- 1 gallon vegetable oil (*or coconut oil for longer shelf life*)
- 5 lbs hard cheese *(like Parmesan, wax-sealed lasts 1+ year)*

- 1 lb butter powder **(or 5 cans shelf-stable butter)**

🔥 Pro Tip: Freeze butter pre-storm—it thaws naturally in a cooler.

Sweeteners & Flavors

- 5 lbs sugar *(or honey—never expires)*
 - 1 lb salt *(for cooking + food preservation)*
 - Spices *(garlic powder, cinnamon, chili flakes)*
 - Bouillon cubes **(10+ packets for broth)**
 - Instant coffee/tea *(morning morale boost!)*
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Water & Hydration

- 30 gallons water **(1 gallon/person/day)**
- Water purification tablets *(or a LifeStraw)*
- Electrolyte packets *(prevents dehydration)*

💧 Storage Tip: Rotate water every 6 months or use food-grade barrels.

Tools & Extras

- Manual can opener *(test it!)*
 - Camp stove + fuel *(or solar oven)*
 - Disposable utensils/plates *(no washing needed)*
 - Pet food **(if applicable – 30-day supply)**
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Sample 30-Day Meal Plan

(Mix & match these basics)

Day	Breakfast	Lunch/Dinner
1-5	Oats + dried fruit	Rice & canned beans
6-10	PB toast	Pasta + canned tuna
11-15	Pancakes (mix + oil)	Lentil soup + crackers
16-30	Granola + powdered milk	Canned chili + cornbread

 Rotation Reminder: Use oldest items first, replace as you go.

www.coastalstorms.com

Share with friends & neighbors—prepping is better together!  