Food Storage SHOPPING BUCKET LIST

Building food storage is a lot like filling buckets, a little in each one at a time. At the start of each month, jot what you need in each bucket, set a budget, and check it off when it's home on the shelf.

Month: _____ Year: _____ Budget: _____

Bucket	What I need this month	Cost	Got it
Grains & Legumes *wheat, rice, oats, lentils, dry beans*			☐
Pasta *spaghetti, penne, bow tie, egg noodles*			☐
Proteins *canned tuna, salmon, chicken, corned beef, peanut butter*			☐
Fruit *canned peaches, pears, applesauce, freeze-dried fruit*			☐
Vegetables *canned corn, green beans, carrots, tomatoes*			☐
Fats & Oils *olive oil, coconut oil, shortening, ghee*			☐
Baking Needs *flour, sugar, baking powder, yeast, spices*			☐
Comfort & Treats *cocoa, coffee, candy, popcorn, ramen, pecans*			☐
Paper Products *toilet paper, paper towels, plates, foil*			☐
Pharmacy *vitamins, supplements, OTC meds, first aid*			☐
Miscellaneous *batteries, vinegar, bleach, matches, lids*			☐

MAMA TIP Pick one "bucket of the month" to splurge on and keep the others small. Proteins in January, fats in February… by the end of the year every bucket is fuller.

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Bucket SHOPPING IDEAS

Not sure what goes in each bucket? Here are ideas to get you started. Check off what you already have, circle what to add next, and leave the rest. Store what your family actually eats.

STAPLES

- [ ] White rice
- [ ] Rolled or quick oats
- [ ] Dry beans & lentils
- [ ] Wheat or flour
- [ ] Pasta, several shapes
- [ ] Cornmeal or masa
- [ ] Instant potatoes
- [ ] Crackers

PROTEINS

- [ ] Canned chicken & tuna
- [ ] Canned salmon or sardines
- [ ] Freeze-dried or canned beef
- [ ] Peanut butter
- [ ] Powdered eggs
- [ ] Powdered or shelf-stable milk
- [ ] Canned chili & stew
- [ ] TVP or dry beans

FATS & OILS

- [ ] Olive oil
- [ ] Vegetable or canola oil
- [ ] Coconut oil
- [ ] Shortening
- [ ] Ghee or canned butter
- [ ] Mayonnaise (rotate)
- [ ] Nuts & seeds
- [ ] Powdered butter

BAKING

- [ ] Flour & sugar
- [ ] Brown & powdered sugar
- [ ] Baking powder & soda
- [ ] Yeast
- [ ] Salt (lots!)
- [ ] Vanilla & spices
- [ ] Honey or syrup
- [ ] Cocoa powder

COMFORT

- [ ] Coffee, tea, cocoa
- [ ] Hard candy & chocolate
- [ ] Popcorn kernels
- [ ] Drink mixes
- [ ] Freeze-dried treats
- [ ] Condiments & sauces
- [ ] Bouillon
- [ ] Pudding & cake mixes

NON-FOOD

- [ ] Toilet paper
- [ ] Paper plates & foil
- [ ] Dish & laundry soap
- [ ] Unscented bleach
- [ ] Batteries
- [ ] Matches & lighters
- [ ] Trash bags
- [ ] Feminine & baby items

MY OWN MUST-HAVES

GOOD TO KNOW Fats, nuts, whole-wheat flour and brown rice go rancid faster than white rice and beans. Buy them in smaller amounts and rotate them often.

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