Build a Starter Prepper Pantry

Small steps. Practical preparation. Keep this page where you can find it.

PLAN AND STOCK YOUR STAPLES

- ☐ Count household members and set a two-week food target as your first goal.
- ☐ Buy bulk white rice, dried beans or lentils, and rolled oats.
- ☐ Add canned proteins, vegetables, soups, oils, salt, sugar, honey.
- ☐ Choose fruits packed in juice and store cans in a cool, dry spot.

STORE, SEAL, AND ROTATE

- ☐ Pack dry staples in mylar bags with oxygen absorbers inside food-grade buckets.
- ☐ Seal bag tops with a flat iron, leaving 2-3 inches, then check the seal.
- ☐ Label every bucket and can with contents and the seal date.
- ☐ Use oldest food first (FIFO) and replace what you use with new stock.

SAFETY NOTE Only put dry goods in mylar bags, never liquids or moist foods. Seal bags within 15-20 minutes of opening oxygen absorbers, and reseal unused absorbers in an airtight jar.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/prepper-pantry-guide/

Safety reference: https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency