

# Survival Food Stockpile List

Food + Drinks	Years of Storage Life	Nutrients
Water	2	Magnesium, Zink, Iron, Selenium, Calcium
Canned Foods	2-5	Protein, Iron, Calcium, Potassium, Zinc, Selenium, Manganese, Sodium, Carbohydrates
Dried Beans	10+	Protein, Fiber, Sodium, Thiamin, Folic Acid, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium
White Rice	8-10	B1, B3, F
Pasta	8-10	Magnesium, Iron, Calcium, Potassium, Zinc, Selenium, Manganese, Sodium, Folic Acid, Niacin
Dried Hazelnuts	1	Protein, Carbohydrates, Vitamin E, Minerals, Dietary Fiber, Phytosterol (Beta-Sitosterol), Antioxidant Phenolics, Oleic Acid
Whole Grains	10-12	Dietary Fiber, Several B Vitamins (Thiamin, Riboflavin, Niacin, And Folate), Minerals (Iron, Magnesium, And Selenium)
Powdered (Dry) Milk	10	Protein, Carbohydrates (Predominantly Lactose), Calcium, Potassium, Fat

# SURVIVAL CACHE

Honey	10+	Water, Higher Sugars, Ash, Magnesium, Iron, Calcium, Trace metals, Vitamin C, Folate (B9), Vitamin B6, Pantothenic acid (B5), Niacin (B3), Riboflavin (B2)
Smooth/Crunchy Peanut Butter	1	Calcium, Copper, Iron, Magnesium, Phosphorus, Potassium, Selenium, Sodium, Zinc, Protein, Choline, Niacin, Riboflavin, Thiamin, Vitamin B6, Vitamin E, Vitamin K, Fat
Iodized Salt	10+	Sodium, Zinc, Calcium, Copper, Fluoride, Iron, Magnesium, Manganese, Potassium, Selenium, Ash
Sugar	10+	Niacin, Pantothenic acid, Riboflavin, Thiamin, Choline, Vitamin B6, Fat, Protein, Ash
Freeze-Dried Fruits and Veggies	2	High In Fiber, Vitamin C, Sugars
Cocoa Powder	2	Carbohydrates, Fat, Protein, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc
Pink Salmon	1	Folate, Vitamin B12, Pantothenic Acid, Choline, Betaine, Riboflavin, Niacin, Vitamin D, Vitamin E, Vitamin A, Protein, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc, Manganese, Selenium
Cooking Oil	2	Vitamin E, Vitamin K, Fat
Canned Tuna	2-5	Fat, Protein, Vitamin A, Choline, Vitamin D, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc
Spices and Herbs	2-3	Antioxidant, Niacin, Vitamin B6, Folate, Vitamin A, Vitamin C, Protein, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc, Copper, Manganese, Selenium, Fat, Carbohydrate, Calories, Ash

# SURVIVAL CACHE

Jams and Jellies	1	Selenium, Fluoride, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Folate, Vitamin C, Protein, Carbohydrate, Fat
Food Bars	1-2	Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Folate, Vitamin C, Protein, Carbohydrate, Fat
Popcorn	2	Protein, Carbohydrate, Potassium, Fat, B1, B3
Fruits and Veggies Juice Powders	2	Protein, Carbohydrate, Potassium, Fat, Fiber
Hard Candy	3	Carbohydrate, Fat, Sodium, Protein
Baking Soda	10+	Sodium
Powdered Cheese	2	Selenium Zinc Sodium, Potassium, Phosphorus, Magnesium, Iron, Calcium, Fat, Choline, Pantothenic Acid, Vitamin B12, Riboflavin, Niacin, Vitamin K, Vitamin C, Vitamin A
Powdered Eggs	5-10	Protein, Carbohydrate, Fat
Vitamins	2	-
Coffee	1-2	Protein, Fat, Potassium
Tea	1	Carbohydrate, Caffeine, Theobromine, Potassium, Sodium,
Vinegar	10+	Carbohydrate, Manganese, Copper, Zinc, Sodium, Potassium, Phosphorus, Magnesium, Iron, Calcium
Instant Potato Flakes	2	Sodium, Vitamin C, Carbohydrate, Vitamin A, Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate,
Seeds	1-5	Calcium, Sodium, Carbohydrate, Vitamin A, Magnesium, Iron, Protein, Fat
Bouillon Cubes	1-2	Fat, Sodium, Carbohydrate, Vitamin A, Choline, Vitamin K, Protein

# SURVIVAL CACHE



Pemmican	1-2	Fat, Protein
Yeast	2-5	Iron, Protein, Vitamin B6, Vitamin B12, Calcium, Magnesium, Fat, Sodium
Hard Liquor	Indefinite	Potassium, Alcohol
MREs	1-5	Fat, Vitamin A, Protein, Carbohydrate, Sodium, Calcium, Magnesium, Iron, Vitamin C,
Pet Food	1-2	Fat, Protein, Carbohydrate, Sodium, Calcium, Magnesium, Zinc, Iron, Vitamin C