

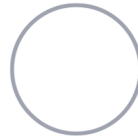
# PANTRY ITEMS TO STOCK IN AN EMERGENCY



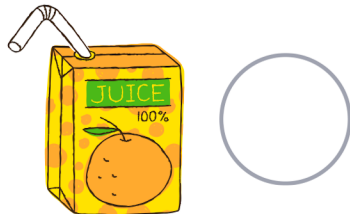
Here are some suggestions for what to stock in your pantry for an emergency. Always check use by dates of your food.



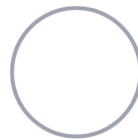
Bottled Waters



Manual can opener



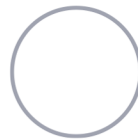
Fruit juice packs



Longlife milk



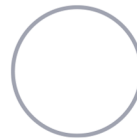
Canned meals



Instant noodles



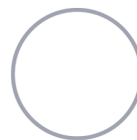
Breakfast cereal



Canned fish



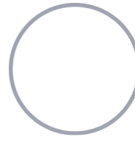
Nuts and seeds



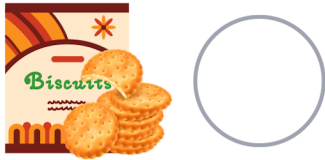
Granola bars/protein bars



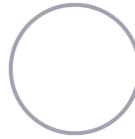
Tea/Coffee



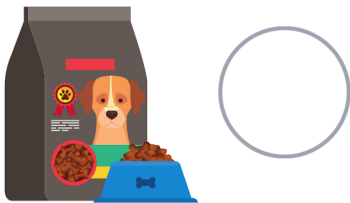
Sugar



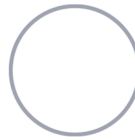
Biscuits/Crackers



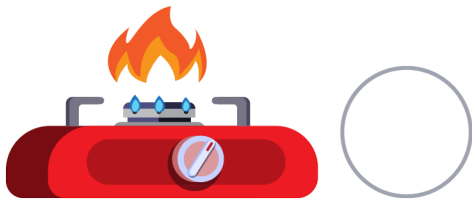
Chocolate



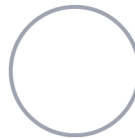
Pet food



Dried fruit

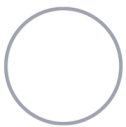


Camper stove/gas

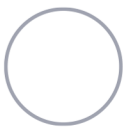


Disposable plates and cutlery

Add any additional items you will need to take with you in an emergency.



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