

EMERGENCY MEAL-KIT ITEMS -- POSSIBLE FOODS

Most canned foods can be safely stored for up to one year, and freeze-dried and dehydrated foods remain wholesome indefinitely, if kept dry. Choose foods which can be stored at room temperature and are edible without heating.

MAIN-DISH ITEMS

Beef chili with beans	Chopped ham	Pork and beans
Beef ravioli	Chow mein	Macaroni and cheese
Beef stew	Corned beef	Re-fried beans
Beef tamales in sauce	Corned beef hash	Salmon
Beef taco filling	Creamed chipped beef	Sardines
Blackeyed peas	Deviled ham	Soups, all varieties
Boned chicken	Dehydrated beef	Spaghetti and meatballs
Chicken a la king	Ham	Tuna
Chicken and dumplings	Lasagna	Vienna sausages

VEGETABLES

Potato salad	Hominy	Spinach
Beans, all types	Mixed vegetables	Squash
Bean salad	Okra with tomatoes	Sweet cucumber chips
Carrots	Tomatoes	Sweet potato or yam
Corn	Pickled vegetable mix	Turnip greens

FRUITS AND JUICES

Applesauce	Fruit juices	Plums
Apricots	Fruit pie fillings	Prunes
Blackberries	Grapefruit sections	Raspberries
Blueberries	Mandarin oranges	Spiced pears
Figs	Peaches	Vegetable juices
Fruit cocktail	Pears	

DEHYDRATED FOODS (Requiring only water or reconstituted milk)

Instant breakfast	Instant puddings	Instant tea
Instant beverage mixes	Instant coffee	Instant non-fat dry milk powder
Instant chocolate milk		

READY-TO-EAT FOODS

Bread sticks	Graham crackers	Raisins
Catsup	Evaporated milk	Salt, pepper
Cookies	Pie crusts	Snack crackers
Beef jerky	Mustard	Spanish peanuts
Dried fruits	Packaged taco shells	Sugar, honey
Dry cereals	Peanut butter	Vinegar
Saltine crackers	Preserves, jams, jellies	

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