



# Non-Perishable Food Items for a To-Go Bag or Stay-Box

You'll want foods that are lightweight, easy to store, have long shelf lives, and can be eaten with little or no prep if power and water are limited. Here's a solid list you could include in your To-Go Bag or Stay-Box:

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## SHOPPING LIST

- **Canned tuna, chicken, or salmon** (with pull-tab lids if possible)
- **Canned beans** (black beans, kidney beans, chickpeas)
- **Canned vegetables** (corn, green beans, peas, carrots)
- **Canned fruit** (packed in juice, not syrup, if preferred)
- **Nut butters** (peanut, almond, sunflower seed)
- **Trail mix** (nuts, dried fruit, seeds, chocolate pieces)
- **Granola or protein bars**
- **Beef jerky or turkey jerky**
- **Dried fruit** (raisins, cranberries, apricots, mango)
- **Instant oatmeal packets**
- **Shelf-stable milk or plant-based milk boxes** (single-serve)
- **Crackers** (whole grain or multigrain)
- **Rice cakes**
- **Shelf-stable hummus or bean dips** (vacuum-sealed packs)
- **Pasta or rice pouches** (pre-cooked, ready to heat/eat)
- **Powdered drink mixes** (electrolyte, instant coffee, hot cocoa)
- **Canned soups or chili** (ready-to-eat, pop-top cans)
- **Cereal (dry, individual packs)**
- **Instant noodles or ramen cups**
- **Canned pasta meals** (like ravioli or spaghetti)
- **Vacuum-sealed tuna salad or chicken salad kits** (often come with crackers)
- **Popcorn (pre-popped, sealed bags)**
- **Honey or jam/jelly squeeze packs**
- **Energy gels or chews** (for quick calories)
- **Hard candy or lollipops** (good for morale and energy boost)
- **Powdered peanut butter (like PB2)**
- **Seeds (pumpkin, sunflower, chia, flax)**
- **Instant mashed potatoes (just add water)**
- **Long shelf-life tortillas or flatbreads** (vacuum packed)
- **Canned evaporated milk or coconut milk**