The Ultimate 37 Foods (and Drinks) to Hoard

Foods&Drinks	Storage life (yrs)	Nutrients
#0. Water	2	Magnesium, Zink, Iron, Selenium, Calcium
#1.Canned Foods	2-5	Protein, Iron, Calcium, Potassium, Zinc, Selenium, Manganese, Sodium, Carbohydrates
#2. Dried Beans	10+	Protein, Fiber, Sodium, Thiamin, Folic Acid, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium
#3. White Rice	8-10	B1, B3, F
#4. Pasta	8-10	Magnesium, Iron, Calcium, Potassium, Zinc, Selenium, Manganese, Sodium, Folic Acid, Niacin
#5. Dried Hazelnuts	1	Protein, Carbohydrates, Vitamin E, Minerals, Dietary Fibre, Phytosterol (Beta-Sitosterol), Antioxidant Phenolics, Oleic Acid
#6. Whole Grains	10-12	Dietary Fiber, Several B Vitamins (Thiamin, Riboflavin, Niacin, And Folate), Minerals (Iron, Magnesium, And Selenium)
#7. Powdered (Dry) Milk	10	Protein, Carbohydrates (Predominantly Lactose), Calcium, Potassium, Fat
#8. Honey	10+	Water, Higher Sugars, Ash, Magnesium, Iron, Calcium, Trace metals, Vitamin C, Folate (B9), Vitamin B6, Pantothenic acid (B5), Niacin (B3), Riboflavin (B2)
#9. 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
#10. Iodized Salt	10+	Sodium, Zinc, Calcium, Copper, Fluoride, Iron, Magnesium, Manganese, Potassium, Selenium, Ash
#11. Sugar	10+	Niacin, Pantothenic acid, Riboflavin, Thiamin, Choline, Vitamin B6, Fat, Protein, Ash

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#12. Freeze-Dried Fruits and Veggies	2	High In Fiber, Vitamin C, Sugars
#13. Cocoa Powder	2	Carbohydrates, Fat, Protein, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc
#14. Pink Salmon	3 - 5	Folate, Vitamin B12, Pantothenic Acid, Choline, Betaine, Riboflavin, Niacin, Vitamin D, Vitamin E, Vitamin A, Protein, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium1, Zinc, Manganese, Selenium
#15. Cooking Oil	2	Vitamin E, Vitamin K, Fat
#16. Canned Tuna	2-5	Fat, Protein, Vitamin A, Choline, Vitamin D, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc
#17. 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
#18. Jams and Jellies	1	Selenium, Fluoride, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Folate, Vitamin C, Protein, Carbohydrate, Fat
#19. Food Bars	1-2	Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Folate, Vitamin C, Protein, Carbohydrate, Fat
#20. Popcorn	2	Protein, Carbohydrate, Potassium, Fat, B1, B3
#21. Fruits and Veggies Juice Powders	2	Protein, Carbohydrate, Potassium, Fat, Fiber
#22. Hard Candy	3	Carbohydrate, Fat, Sodium, Protein
#23. Baking Soda	10+	Sodium
#24. 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
#25. Powdered Eggs	5-10	Protein, Carbohydrate, Fat
#26. Vitamins	2	-
#27. Coffee	1-2	Protein, Fat, Potassium
#28. Tea	1	Carbohydrate, Caffeine, Theobromine, Potassium, Sodium,
#29. Vinegar	10+	Carbohydrate, Manganese, Copper, Zinc, Sodium, Potassium, Phosphorus, Magnesium, Iron, Calcium
#30. Instant Potato Flakes	2	Sodium, Vitamin C, Carbohydrate, Vitamin A, Vitamin

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		K, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate,
#31. Seeds	1-5	Calcium, Sodium, Carbohydrate, Vitamin A, Magnesium, Iron, Protein, Fat
#32. Bouillon Cubes	1-2	Fat, Sodium, Carbohydrate, Vitamin A, Choline, Vitamin K, Protein
#33. Pemmican	1-2	Fat, Protein
#34. Yeast	2-5	Iron, Protein, Vitamin B6, Vitamin B12, Calcium, Magnesium, Fat, Sodium
#35. Hard Liquor	Indefinite	Potassium, Alcohol
#36. MREs	1-5	Fat, Vitamin A, Protein, Carbohydrate, Sodium, Calcium, Magnesium, Iron, Vitamin C,
#37. Pet Food	1-2	Fat, Protein, Carbohydrate, Sodium, Calcium, Magnesium, Zinc, Iron, Vitamin C

Stay safe,

Dan F. Sullivan

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