

# 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. <u>Dried Beans</u>	10+	Protein, Fiber, Sodium, Thiamin, Folic Acid, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium
#3. <u>White Rice</u>	8-10	B <sub>1</sub> , B <sub>3</sub> , F
#4. <u>Pasta</u>	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. <u>Whole Grains</u>	10-12	Dietary Fiber, Several B Vitamins (Thiamin, Riboflavin, Niacin, And Folate), Minerals (Iron, Magnesium, And Selenium)
#7. <u>Powdered (Dry) Milk</u>	10	Protein, Carbohydrates (Predominantly Lactose), Calcium, Potassium, Fat

#8. <u>Honey</u>	10+	Water, Higher Sugars, Ash, Magnesium, Iron, Calcium, Trace metals, Vitamin C, Folate (B9), Vitamin B6, Pantothenic acid (B5), Niacin (B3), Riboflavin (B2)
#9. <u>Smooth/Crunchy Peanut Butter</u>	1	Calcium, Copper, Iron, Magnesium, Phosphorus, Potassium, Selenium, Sodium, Zinc, Protein, Choline, Niacin, Riboflavin, Thiamin, Vitamin B6, Vitamin E, Vitamin K, Fat
#10. <u>Iodized Salt</u>	10+	Sodium, Zinc, Calcium, Copper, Fluoride, Iron, Magnesium, Manganese, Potassium, Selenium, Ash
#11. <u>Sugar</u>	10+	Niacin, Pantothenic acid, Riboflavin, Thiamin, Choline, Vitamin B6, Fat, Protein, Ash
#12. <u>Freeze-Dried Fruits and Veggies</u>	2	High In Fiber, Vitamin C, Sugars
#13. <u>Cocoa Powder</u>	2	Carbohydrates, Fat, Protein, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc
#14. <u>Pink Salmon</u>	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
#15. <u>Cooking Oil</u>	2	Vitamin E, Vitamin K, Fat
#16. <u>Canned Tuna</u>	2-5	Fat, Protein, Vitamin A, Choline, Vitamin D, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc
#17. <u>Spices and Herbs</u>	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. <u>Jams and Jellies</u>	1	Selenium, Fluoride, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Folate, Vitamin C, Protein, Carbohydrate, Fat
#19. <u>Food Bars</u>	1-2	Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Folate, Vitamin C, Protein, Carbohydrate, Fat
#20. <u>Popcorn</u>	2	Protein, Carbohydrate, Potassium, Fat, B <sub>1</sub> , B <sub>3</sub>
#21. <u>Fruits and Veggies Juice Powders</u>	2	Protein, Carbohydrate, Potassium, Fat, Fiber
#22. <u>Hard Candy</u>	3	Carbohydrate, Fat, Sodium, Protein
#23. <u>Baking Soda</u>	10+	Sodium
#24. <u>Powdered Cheese</u>	2	Selenium Zinc Sodium, Potassium, Phosphorus, Magnesium, Iron, Calcium, Fat, Choline, Pantothenic Acid, Vitamin B <sub>12</sub> , Riboflavin, Niacin, Vitamin K, Vitamin C, Vitamin A
#25. <u>Powdered Eggs</u>	5-10	Protein, Carbohydrate, Fat
#26. <u>Vitamins</u>	2	-
#27. <u>Coffee</u>	1-2	Protein, Fat, Potassium
#28. <u>Tea</u>	1	Carbohydrate, Caffeine, Theobromine, Potassium, Sodium,
#29. <u>Vinegar</u>	10+	Carbohydrate, Manganese, Copper, Zinc, Sodium, Potassium, Phosphorus, Magnesium, Iron, Calcium
#30. <u>Instant Potato Flakes</u>	2	Sodium, Vitamin C, Carbohydrate, Vitamin A, Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B <sub>6</sub> , Folate,
#31. <u>Seeds</u>	1-5	Calcium, Sodium, Carbohydrate, Vitamin A, Magnesium, Iron, Protein, Fat
#32. <u>Bouillon Cubes</u>	1-2	Fat, Sodium, Carbohydrate, Vitamin A, Choline, Vitamin K, Protein

#33. <u>Pemmican</u>	1-2	Fat, Protein
#34. <u>Yeast</u>	2-5	Iron, Protein, Vitamin B <sub>6</sub> , Vitamin B <sub>12</sub> , Calcium, Magnesium, Fat, Sodium
#35. Hard Liquor	Indefinite	Potassium, Alcohol
#36. <u>MREs</u>	1-5	Fat, Vitamin A, Protein, Carbohydrate, Sodium, Calcium, Magnesium, Iron, Vitamin C,
#37. <u>Pet Food</u>	1-2	Fat, Protein, Carbohydrate, Sodium, Calcium, Magnesium, Zinc, Iron, Vitamin C

Stay safe,

Dan F. Sullivan