



Emergency Preparedness with Nutrient Dense Foods

List of foods to consider having in your cupboards:

- Protein Bars, Gelatin, Jerky, Tuna, Sardines, Canned Chicken/Turkey, Protein Powders, Seaweed
- Nuts, Nut Butters, Pumpkin Seed Butter, Chocolate Bars (80-100%)
- Honey,* Maple Syrup, Molasses
- Coconut Milk, Coconut Water, Dehydrated Coconut Powder, Hemp Milk
- Fruit Bars, Dried Fruit, Fresh Fruit, Canned Fruit
- Apple Cider Vinegar,* Baking Soda*
- Coconut Oil,* Olive Oil, Tallow, Lard
- Garlic,* Salt, Pepper, Turmeric, Cinnamon, Cloves, Oregano, Ginger
- Multi-Vitamins, Prescription Medications

*Multi-Purpose items

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