

Survival Food that makes life easier: These four foods can be stored for over 10 years and can add some flavor to your cooking. If stored properly they can probably last indefinitely.

1. Salt
2. Sugar – Brown or White
3. Honey
4. Alcohol – Whiskey, Vodka, etc...

Hard Grains: Stored properly hard grains have a shelf life of around 10 – 12 years.

1. Buckwheat
2. Dry Corn
3. Kamut
4. Hard Red Wheat
5. Soft White Wheat
6. Millet
7. Durum wheat
8. Spelt

Soft grains: These soft grains will last around 8 years at 70 degrees sealed without oxygen.

1. Barley,
2. Oat Groats,
3. Quinoa
4. Rye

Beans: Sealed and kept away from oxygen the following beans can last for around 8 – 10 years.

1. Pinto Beans
2. Kidney Beans
3. Lentils
4. Lima Beans
5. Adzuki Beans
6. Garbanzo Beans
7. Mung Beans
8. Black Turtle Beans
9. Blackeye Beans

Flours and Mixes and Pastas: 5 – 8 years

1. All Purpose Flour
2. White Flour
3. Whole Wheat Flour
4. Cornmeal
5. Pasta
6. White Rice (up to 10 years)

Oils:

1. Coconut oil – Coconut oil has one of the longest shelf lives of any kind of oil. It can last for over 2 years and is a great item to add to your survival food supplies list.

Other good survival foods: 2 – 5 years of shelf life

1. Canned Tuna
2. Canned Meats
3. Canned Vegetables & Fruits
4. Peanut Butter
5. Coffee
6. Tea
7. Ramen Noodles – not the greatest food in the world but they are very cheap so they made the survival food list.
8. Hard Candy
9. Powdered milk
10. Dried herbs and spices

Items that can be used for more than cooking:

1. Apple Cider Vinegar – Cleaning, cooking, and has antibiotic properties
2. Baking Soda – Cleaning, cooking, etc...
3. Honey – Mentioned again for it's antibiotic properties and wound healing.

Non Food Items to stock up on at the grocery store:

1. Bic Lighters
2. Toilet Paper
3. Soaps
4. Bottled Water
5. Vitamins
6. Medicines
7. Bandages
8. Peroxide
9. Lighter fluid
10. Canning Supplies
11. Charcoal