

There is no reason to overstock the shelf with every single item you think you might need. Just keep a variety of things on hand from which you could prepare one, three or even more meals. Gear the contents of the shelf to your lifestyle, and it won't be overstocked. Some examples of the foods you might choose for your emergency shelf include:

CANNED GOODS: Ham, tuna, or seafood; corn, carrots, green beans or peas, potatoes, tomatoes; creamed soups, tomato soup; fruit and fruit pie filling; tomato paste, mushroom pieces, pickles or relish; jelly or preserves; brown bread; cocktail nuts; bullion cubes.

DRY GOODS: Pasta and/or rice; dry mixes for soups and various sauces; dry milk; instant soft drink mixes, instant tea, coffee, nondairy creamer; cake and frosting mix, pancake mix; dried fruits.

Aluminum foil is a time and mess saver almost without equal. Not only does it seal in flavor and moistness, it seals in the mess!

Finally, do not neglect keeping Master Mixes ready for use, and do not let your staple foods and seasonings run out. With these foods on hand, you should never be without ingredients to create a meal you can be proud of. And no one ever has to know that you were “caught off guard.”

