

SURVIVAL FOOD CHECKLIST

Prepping your way to food independence...

TRUEPREPPER

This list is organized by category, color-coded by importance, and linked to extensive reviews.

Essential Items

Suggested Gear

Situation-Specific

Short-Term Stockpile

- Canned Food
- Energy Bars or Granola
- Peanut Butter
- Crackers, Chips, etc.
- Pasta
- Dried Fruits
- Nuts
- Powdered Milk
- Oatmeal or Cereal
- Jams and Jellies
- Condiments
- Baby Formula
- Pet Food

Long-Term Stockpile

- Freeze Dried Meal Kits
- Bulk Beans
- Bulk Rice
- Bulk Oats
- Bulk Wheat
- Bulk Corn
- Bulk Rice
- Salt
- Cooking Oils and Lard
- Bulk Sugar
- Honey
- Dehydrated Fruits & Veggies
- Freeze Dried Meat
- Freeze Dried Fruit
- Freeze Dried Vegetables
- Freeze Dried Dairy
- Survival Bread

Bug-Out Survival

- Survival Food Bars
- Beef Jerky
- Energy Bars
- Freeze-Dried Mobile Packs
- Nuts
- MREs
- Tuna Pouches

Hunting + Trapping

- Rifle
- Ammo
- Fishing Gear
- Bow and Arrows
- Snares
- Conibear Traps
- Hunting Knife
- Hunting Dog(s)

Foraging

- Edible Plant Guide
- Edible Fungus Guide
- Foraging Bag
- Nutcracker

Gardening

- Survival Seed Vault
- Tended Garden Beds
- Garden Tools
- Irrigation Plan
- Indoor Grow Lights
- Hydroponics
- Compost

Food Storage Tools

- Can Opener
- Food-Grade Buckets
- Mylar Bags
- Heavy-Duty Shelving
- Oxygen Absorbers
- Canning Equipment
- Freezer
- Dehydrator
- Vacuum Sealer
- Freeze-Dryer
- Impulse Heat Sealer

Homesteading

- Chickens
- Goats
- Rabbits
- Cows
- Fruit Trees
- Animal Feed
- Vet Supplies
- Fencing

FOOD



For more information visit: <https://trueprepper.com/survival-food-list/>