



Ingredients List for the 2013 Preparedness Kit Recipe Challenge

Note: This list is not all-inclusive. It is designed to provide ideas of the types of ingredients that can be used in preparedness kit recipes. Other ingredients can be used when creating your recipes so long as each ingredient in the recipe can be safely kept on a shelf for at least one year and does not require cooking to be consumed safely.

Meat, Fish, and Protein

Canned Tuna
Canned Salmon
Canned Chicken
Beef jerky
Turkey jerky
Beef sticks
Canned ham
Non-refrigerated pepperoni
Canned Beans (lentils, chickpeas, kidney beans, black beans, etc.)
Canned refried beans (pinto or black)
Nuts (almonds, walnuts, peanuts, cashews, pecans etc.)
Pine nuts
Peanut butter
Almond butter

Vegetables

Canned Green beans
Canned Sweet corn
Canned Creamed corn
Canned Carrots
Canned peas
Canned tomatoes (stewed, chopped, etc.)

Liquids

Shelf stable milk, soymilk
Juices (canned, bottled, or individual boxes)
Stock (chicken, beef, vegetable)

Grains

Cereal
Cereal bars
Crackers
Tortilla chips
Pretzels
Granola
Granola bars
Protein bars
Couscous, grits and instant oatmeal (add room temp water, allow extra time for reconstituting)

Fruit

Canned Peaches
Canned Pears
Canned Pineapple
Canned fruit cocktail
Applesauce
Dried plums
Dried apples
Dried apricots
Dried raisins, cranberries, blueberries
Dried banana chips

Dairy

Shelf stable (ultra-processed) milk, soymilk, or almond milk
Cheese in a can (cheese wiz)
Velveeta
Shelf stable cheese-dip

Condiments*

Ketchup
Mustard (any variety)
Mayo
Worcheshire sauce
Steak sauce
Soy sauce
Jarred ginger or garlic
Salad dressing (variety)
Oils (olive, canola, etc.)
Vinegars (variety)
Salsa
Canned/jarred pickles, relish, olives, etc.

Dry Herbs/Seasonings

Salt & Pepper
Cayenne pepper
Cumin
Coriander
Curry
Garlic powder
Onion powder
Thyme
Rosemary
Oregano

***Note some condiments and other items are considered shelf-stable until they are opened, after which they need to be refrigerated. These types of items can be used in the Preparedness Kit Recipe Challenge.*