

# VEGAN EMERGENCY FOOD LIST

## GRAINS

- Oats: quick or rolled
- Grits or Malt O Meal
- Brown or white rice
- Quinoa
- Farro
- Bulgur
- Millet
- Cornmeal
- Pasta
- Ramen noodles
- Rice noodles
- Granola
- Cereal/Muesli
- Couscous
- Flour, all kinds
- Vital wheat gluten
- Bread with long shelf life
- Crunchy taco shells

## BEANS/LEGUMES

- Canned beans: black, pinto, chickpea
- Canned refried beans
- Dried beans of all kinds
- Split peas
- Red/brown lentils
- Canned green peas
- Shelf stable tofu
- Soybeans
- TVP (textured vegetable protein)
- Soy curls

## VEGETABLES

- Canned corn
- Canned green beans
- Canned carrots
- Canned olives
- Pickles
- Sauerkraut
- Artichokes
- Canned tomatoes- diced, tomato sauce and paste
- Potato flakes (instant mashed potatoes)
- Potatoes/sweet potatoes and yams- will last for quite some time if stored in a dark cool place
- Freeze dried veggies: kale, broccoli, and more
- Canned greens like spinach, collard greens

## FRUIT

- Canned fruit: peaches, pears, oranges, pineapple
- Applesauces
- Dried fruits: raisins, dates, apricots and more
- Freeze dried fruit: blueberries, strawberries, mango, apples and more
- Can stock up on apples and green bananas that will last for several weeks

## NUTS/SEEDS

- Almonds
- Cashews
- Walnuts
- Pecans
- Sunflower seeds
- Hemp seeds
- Flax seeds and ground flaxseeds
- Peanut butter
- Almond butter
- Shelf stable nut milks

## OTHER

- Olive oil, coconut oil, canola oil
- Lemon juice
- Canned soups/chili
- Prepared food pouches: curries, rice, whole grains
- Better than Bouillon
- Nutritional yeast
- Spices you like: curry, chili powder, cumin, cinnamon and more
- Salt
- Vegan protein powder
- Sweeteners: sugar, brown sugar, maple syrup
- BBQ sauce, ketchup, hot sauce
- Marinara sauce
- Soy sauce

## PETS

- Pet food
- Pet treats
- Cat litter
- Other pet items you might need!

## SNACKS

- Popcorn
- Crackers
- Vegan chips: tortilla, other chips
- Salsa
- Pretzels
- Granola bars
- Energy bars: Clif, Luna, Larabar
- Oreos and other vegan treats!
- Jam or jelly
- Dark chocolate
- Vegan chocolate chips
- Chocolatey-chip teddy grahams
- Trail mix
- Vegan Seitan Jerky

## COLD ITEMS

- Stock up on vegan "meats" like Gardein brand and vegan cheese, tofurky
- Bread you could freeze to keep fresh, tortillas, buns
- Apples, pears, avocados and other produce that will last quite some time, kale/spinach to freeze
- Frozen vegetables and fruits