

Shelf stable food for storm preparation

Meal ideas – limited/no refrigeration or cooking; heat and eat, some no heat “required”

Breakfast

Instant oatmeal. Can also use rolled/old fashioned oats, just let it sit longer once cooked to smooth fully.

Granola or dry cereal

Peanut butter and jelly sandwich

If the refrigerator might be out for a while and worried about food loss, quickly bring out any vegan yogurts or meal left overs and eat them to limit food waste!

Pancakes-if cooking is available, Bisquick with water can make pancakes or biscuits

Lunch/dinner

If the refrigerator might be out for a while and worried about food loss, quickly bring out any produce and make salads to limit food waste! Likewise use up any vegan hot dogs or deli slices and make sandwiches!

Can use up hummus with veggies or as spread on wrap or sandwich.

Refried beans in flour tortillas. Salsa if available, otherwise catsup can be used in a pinch! Can even do a mixture of refried beans and drained canned beans and/or drained can corn. Make it fancy and use lettuce and tomato that might need to get used.

Canned soup with bread or crackers and side of canned veggies. Consider adding drained canned beans for additional protein/texture etc.

Pouch meals like Tasty Bites (Indian) or Aldi has 1.

Can chili

Pre-cooked pasta pouch with jar spaghetti sauce

Ingredients for meals

Bread

Peanut butter

Flour tortillas

Refried beans

Canned soup

Canned vegetables

Canned beans

Pouch meals

Baked beans

Granola/cereal

Instant potatoes

Heat/eat rice

Box stuffing

Pre-cooked pasta pouch

Jar spaghetti sauce

Bisquick

Can chili