

# Stock Your Pantry

## KEY ITEMS FOR "EMERGENCY" MEALS

### *Pantry*

Pasta  
Jarred Pasta Sauce  
Black Beans  
Chili Beans  
Pinto Beans  
Rice  
Canned tomatoes (diced)  
Green Chiles  
Canned corn (niblets and creamed)  
Enchilada sauce  
Tortillas (corn/flour, your choice)  
Ramen  
Canned tuna  
Tomato juice  
Onions  
Broth (chicken or vegetable)  
Garlic (fresh or minced)  
Salsa  
Pepperoni  
Soy Sauce  
Sesame oil  
Cream of Mushroom Soup

### *Refrigerator/Freezer*

Shredded Cheese  
Eggs  
Frozen Vegetables  
Frozen Burritos  
Frozen Pizza