

Printable: No-Cook Food Survival Checklist

No-Cook, No-Fridge Essentials

- ✓ Peanut Butter (small or regular jar)
 - ✓ Trail Mix (basic, peanut-heavy)
 - ✓ Crackers (saltines, Ritz-style, graham)
 - ✓ Tortillas (flour or corn, soft)
 - ✓ Canned Tuna (preferably pull-top cans)
 - ✓ Canned Chicken (pull-top)
 - ✓ Vienna Sausages
 - ✓ Granola Bars (peanut butter or chocolate varieties)
 - ✓ Sunflower Seeds or Mixed Nuts
 - ✓ Spam Singles or similar shelf-stable meat packets
 - ✓ Candy Bars (high-calorie, affordable)
 - ✓ Honey Packets (grab extras if you can)
 - ✓ Powdered Drink Mixes (individual tubes)
 - ✓ Shelf-Stable Milk Boxes (optional)
 - ✓ Bottled Water (if safe water access is limited)
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How to Use It:

- Prioritize high-calorie foods if money is very tight.
 - Mix protein + carbs for longer lasting energy (example: peanut butter + crackers).
 - Keep lightweight foods in a small bag or cooler to protect from heat and pests.
 - Rotate your stash every few months.
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Bonus Mini Printable: \$10 Emergency No-Cook Food List

\$10 Emergency Grab List

(Designed to stretch 2–4 days if needed)

- ✓ 1 Small Jar Peanut Butter
- ✓ 1 Pack Soft Tortillas
- ✓ 2 Cans Tuna (pull-top lids if possible)
- ✓ 1 Small Bag Basic Trail Mix
- ✓ 1 Box Granola Bars (5–8 bars)
- ✓ 2 Bottled Waters or 1 Gallon Water

Total Cost: \$10–\$12 depending on store

Estimated Calories: 6,000–7,000



Notes:

- This combo focuses on **calories, shelf life, and no-cook survival**.
- Ideal for when you have no fridge, stove, or reliable kitchen access.
- Add extra items if you have a little more cash, like Spam Singles, canned chili, or protein shakes.