

**20 Items to Kick Start Food Storage
(backdoorsurvival.com)**

20 pounds of Rice

20 pounds of Pinto Beans

20 cans of Vegetables

20 cans of Fruit

20 cans of Meat (Chicken, tuna, shrimp, salmon, sausage, beef stew, Spam)

4 pounds Oats

2 large jars of Peanut Butter

2 large jars of Tang or other powdered drink mix

5 pounds of Powdered Milk

5 pounds of Salt

10 pounds of Pancake Mix

2 pounds of Honey and 2 large jars of Jam

10 pounds of Pasta

10 cans or jars of Spaghetti Sauce

20 cans of Soup or Broth

One large jug of Oil

Spices and Condiments

5 pounds of Coffee or 100 Tea Bags

2 large bags of Hard Candies

Mini LED Flashlight and Extra Batteries