

Foods

	Check
baking mixes	
beans can and dry	
can bread	
can chicken	
can chili	
can fruit	
can hams	
can prepared foods	
can puddings	
can ravioli	
can salmon	
can sausages	
can soups	
can tuna	
cigarettes stock up good for trade	
coffee	
corned beef	
crackers	
dehydrated eggs	
dehydrated foods	
dehydrated fruits	
dry cream for coffee	
dry food	
dry milk	
dry soup	
flour	
fresh bottled drinking	
jelly/jams	
liquor stock up good for trade and pain control	
mayo packs	
mustard packs	
oatmeal add water	
oil	
pancake mix water only-stock up can also use for bread	
peanut butter	
rice	
salt pepper / seasoning	
shortening	
soda stream and syrups	
soup cups add water	
sugar	
sweet n low	
syrup	

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