

FOOD INVENTORY & PREP LIST

(organized by what to buy and what to do with it, aligned to your freezer / airtight / pantry tiers)

1. GRAINS & STARCHES

Rice (white)

Buy: large bags (cheap, long shelf)

Prep: none

Store: airtight container (pantry)

Notes: essentially indefinite if dry; silica optional but not required

Flour (white)

Buy: 5 lb bags

Prep: freeze 72 hours (unsealed or loosely sealed)

Then: move to airtight container at room temp

Notes: freezer optional after baseline drying; airtight is key

Ramen

Buy: bulk packs

Prep: none

Store: pantry

Notes: noodles last years; seasoning packets die first but still usable

2. LEGUMES & PROTEINS (PLANT)

Dry beans (variety)

Buy: black, pinto, kidney, navy

Prep (recommended):

Soak overnight

Parboil 10–15 min

Dry completely (oven low or dehydrator)

Store: airtight container

Notes: massively reduces future fuel use

Lentils

Buy: red (fast cook), green/brown (texture)

Prep: optional parboil + dry

Store: airtight container

Notes: cook far faster than beans; good backup protein

3. PROTEINS (ANIMAL / SHELF-STABLE)

Canned tuna

Buy: water-packed

Prep: none

Store: pantry

Shelf life: 3–5 years

Canned chicken

Buy: plain

Prep: none

Store: pantry

Shelf life: 2–3 years

Store-bought jerky

Buy: low-sugar, salted

Prep: none

Store: pantry (short) or freezer (long)

Shelf life:

Pantry: ~6 months

Freezer: 1–2 years

4. FATS

Butter

Buy: salted sticks

Prep: none

Store: freezer then dark pantry

Shelf life: ~1 year on freezer then ~1 month in pantry

Vegetable oil (canola / soybean)

Buy: unopened bottles

Prep: none

Store: dark pantry

Shelf life: ~2 years unopened

Olive oil (optional)

Buy: small bottles only

Store: dark pantry

Shelf life: 12–18 months unopened

Peanut butter

Buy: standard jars

Prep: none

Store: pantry

Shelf life: ~2 years unopened

5. VEGETABLES (NON-FROZEN FOCUS)

Canned vegetables

Buy: mixed variety

(corn, green beans, carrots, peas—even the hated peas)

Prep: none

Store: pantry

Shelf life: 2–5 years

Dehydrated vegetables

Buy or make:

Onions

Bell peppers

Carrots

Celery

Prep: dry thoroughly

Store: airtight + silica

Shelf life: ~1 year pantry, longer airtight

6. BAKING & COOKING ESSENTIALS

Salt

Buy: large container

Store: pantry

Shelf life: indefinite

Baking powder

Buy: 1 backup can (unopened)

Store: pantry

Shelf life: ~2 years unopened

Yeast

Buy: vacuum pack or jars

Store: freezer

Shelf life: years frozen

7. SPICES (UNOPENED BACKUPS)

Core

Salt

Black pepper (whole peppercorns)

Garlic powder

Onion powder

Add for variety

Cumin

Paprika

Chili powder (no oil blends)

Bay leaves

Cinnamon (sticks if possible)

Store: pantry (unopened), airtight after opening

Shelf life: 2–3 years unopened

8. MULTIVITAMINS (BASIC, ABSORBABLE, CHEAP)

Look for USP Verified or USP-style formulations. Avoid megadoses.

Solid options:

Kirkland Signature Daily Multi

Nature Made Multi for Him

Centrum Adult (not “Silver”, not “Mega”)

Notes:

Avoid gummies (sugar, poor stability)

Avoid “mega” formulas

Fat-soluble vitamins covered by oils in diet

9. STORAGE RULES (FINAL CHECK)

Freeze → return to room temp → then seal

Never seal cold items

Pantry = unopened, low-risk items

Airtight = dried goods + silica

Freezer = shelf-life extension, not dependency

Good — we're converging. I'll just extend the list you already have, same format: **what to buy → how to prep → where it lives → realistic shelf life → why it matters**. No fluff.

SWEETENERS / CALORIE DENSE

Cane syrup / molasses

- * Buy: Cane syrup or blackstrap molasses
- * Prep: None
- * Store: Pantry, dark
- * Shelf life: Years unopened; 1–2+ years opened
- * Why: Calories, minerals, morale; cheaper than honey

Honey (small amount)

- * Buy: Any real honey
- * Prep: None
- * Store: Pantry
- * Shelf life: Essentially indefinite
- * Why: Medicinal, morale, fermentation starter

VEGETABLES (NON-FREEZER DEPENDENT)

Quick-pickled vegetables (vinegar pickles)

- * Buy: Onions, peppers, cucumbers, carrots, cabbage
- * Prep: Slice → vinegar + salt (optional sugar) → jar
- * Store: Fridge preferred; pantry if acidic & sealed
- * Shelf life: Months (fridge), weeks–months (pantry)
- * Why: Acid, crunch, flavor reset, zero canning required

Canned vegetables (rotation-lite)

- * Buy: Corn, tomatoes, green beans, carrots, peas (yes, peas)
- * Prep: None
- * Store: Pantry
- * Shelf life: 2–5 years
- * Why: Power-loss safe, predictable calories, variety

Dried vegetables (home dehydrated)

- * Buy: Whatever's cheap or about to spoil
- * Prep: Slice → dehydrate thoroughly
- * Store: Airtight + silica
- * Shelf life: ~1 year pantry, longer freezer
- * Why: Lightweight, compact, morale, soup base

GRAINS / FLOUR SYSTEM

Hardtack (proper use)

- * Buy: Flour + salt
- * Prep: Mix → bake dry → rebake until bone dry
- * Store: Airtight
- * Shelf life: Years
- * Use: Soak in broth / fry in fat / crumble into soup
- * Why: Turns flour into time; doesn't mold

Cornmeal / grits

- * Buy: Plain cornmeal or grits
- * Prep: None
- * Store: Airtight (freezer first if opened)
- * Shelf life: 1–2 years pantry, longer frozen
- * Why: Fast cooking, southern-proof, fuel-efficient

PROTEIN / FAT (THE CORE)

Store-bought jerky

- * Buy: Simple ingredient jerky (salted)
- * Prep: None
- * Store: Pantry (short), freezer (long)
- * Shelf life: 6–12 months pantry; 2+ years frozen
- * Why: Immediate protein, zero prep

Homemade jerky (corrected)

- * Buy: Lean meat
- * Prep: Salt lightly, uniform thickness, overdry slightly
- * Store: Airtight + silica or freezer
- * Shelf life: Months airtight; 1+ year frozen
- * Why: Cheap protein if done right

Pemmican / near-pemmican

- * Buy: Jerky + rendered fat
- * Prep: Chop jerky → mix with melted fat → cool
- * Store: Airtight
- * Shelf life: Many months pantry; years frozen
- * Why: Ultimate calorie density + stability

Rendered fat (lard / tallow)

- * Buy: Fat trimmings or cheap cuts
- * Prep: Low heat → strain → cool
- * Store: Dark, airtight
- * Shelf life: Months pantry; years frozen
- * Why: Cooking fuel, calories, preservation medium

CANNED MEAT

Tuna

- * Buy: Water-packed preferred
- * Store: Pantry
- * Shelf life: 3–5 years
- * Why: Reliable protein, neutral taste

Chicken (canned)

- * Buy: Plain canned chicken
- * Store: Pantry
- * Shelf life: 2–3 years
- * Why: Protein variety, soup-ready

Sardines (back of pantry morale gauge)

- * Buy: Oil-packed
- * Store: Pantry
- * Shelf life: 3–5 years
- * Why: Omega fats, calcium, “things are serious” indicator

DAIRY / FAT

Butter

- * Buy: Salted sticks
- * Prep: Freeze unopened

- * Store: Freezer → pantry when needed
- * Shelf life: 1+ year frozen; ~1 month ambient (covered)
- * Why: Fat, flavor, morale, cooking flexibility

Powdered milk (nonfat)

- * Buy: Nonfat only
- * Store: Airtight
- * Shelf life: 1–2 years
- * Why: Protein, baking, calcium (add fat separately)

FLAVOR / MORALE (CRITICAL.)

Dry spices (whole preferred)

- * Buy: Salt, pepper, cumin, garlic powder, onion flakes, chili
- * Prep: None
- * Store: Airtight, dark
- * Shelf life: 2–4 years (whole spices longer)
- * Why: Prevents food fatigue

Bouillon / broth powder

- * Buy: Low-sodium if possible
- * Store: Pantry
- * Shelf life: 1–2 years
- * Why: Turns staples into meals

WHAT THIS SYSTEM DOES

- * Nothing depends on continuous power
- * Everything degrades **gracefully**, not catastrophically
- * You eat “good food” longer than people with fresher food
- * Peas and sardines remain the final morale boundary

When peas come out, Bobo tightens security.

When sardines come out, Sammy starts scouting squirrels.

Sweet potatoes

Cowpeas / black-eyed peas

Green onions

Chaya

Malabar spinach

Seminole pumpkin

Perennial herbs