3-Day Plant-Based Emergency Grocery List

For 2 adults | No electricity, stove, microwave, or refrigeration required

Check off items as you shop. These are practical starter quantities, not a personalized nutrition plan. Choose ready-to-eat, shelf-stable products and adjust portions for appetites and dietary needs.

Water

■ **6 gallons drinking water minimum** — 1 gallon per person per day; store more for pets, heat, or medical needs

Beans & vegetables

■ **8 cans ready-to-eat beans (15 oz each)** — Mix of black beans, chickpeas, kidney or pinto beans
■ **3 cans corn (about 15 oz each)** — For no-cook bean bowls and salads
■ **3 cans other ready-to-eat vegetables** — Peas, green beans, carrots, or mixed vegetables
■ **2 jars shelf-stable salsa (about 16 oz each)** — Choose small jars to minimize leftovers

Breakfasts & fruit

■ **1 large box ready-to-eat whole-grain cereal or granola** — About 10–12 servings
■ **6 single-serve shelf-stable plant milks** — About 8 oz each; refrigerate after opening if directed
■ **6 single-serve fruit cups or applesauces** · Choose fruit packed in 100% juice, not syrup
■ **1 package dried fruit** — Raisins, dates, or similar

Filling foods & snacks

■ **2 boxes whole-grain crackers or crispbread** — Choose sturdy, shelf-stable packages
■ **1 jar peanut butter (16 oz)** — Or another shelf-stable nut/seed butter
■ **1 bag nuts or seeds (12–16 oz)** — Energy-dense snack; choose unsalted when possible
■ **1 package shelf-stable tortillas (optional)** — Use before best-by date

Flavor & essential equipment

■ **1 bottle shelf-stable vinegar + dry spices** — For simple bean salads; check opened-storage directions
■ **1 manual can opener** — Test it before storing
■ **Paper plates, utensils, wipes & trash bags** — Include hand hygiene supplies
■ **Flashlights, batteries, radio & first aid** — Plus medications and pet supplies as needed

Simple meals: cereal + plant milk; chickpeas + crackers; black beans + corn + salsa; three-bean salad; peanut butter + crackers + fruit. Open only what you can eat promptly when you cannot refrigerate leftovers.

Safety: Keep emergency water accessible; store food in a cool, dry place; discard damaged cans. Check individual package instructions. For more guidance: cdc.gov and foodsafety.gov.

EatPlant-Based.com | Preparedness without panic buying