

## Survival Food Inventory Sheet

Category	Item	Quantity on Hand	Expiration Date	Restock Threshold	Notes
Staples	Rice, Pasta, Flour, Oats				Long shelf life - store in Mylar
Proteins	Canned Tuna, Beans, Peanut Butter				Rotate every 6 months
Fruits & Veggies	Canned Mixed Veggies, Dried Fruit				Add vitamin-rich options
Dairy/Alternatives	Powdered Milk, Shelf-Stable Milk				Use airtight containers
Comfort Foods	Coffee, Tea, Chocolate, Spices				Boosts morale during stress
Baking Essentials	Salt, Sugar, Yeast, Baking Soda				Necessary for making bread
Ready-to-Eat	MREs, Instant Meals, Granola Bars				Good for bug-out bags
Hydration	Bottled Water, Sports Drinks				Store 1 gal/person/day
Preserved Foods	Freeze-Dried, Dehydrated Meals				Ideal for long-term storage
Supplements	Multivitamins, Electrolyte Tabs				Fills nutritional gaps
Red = Expiring within 30 days					
Yellow = Quantity below restock threshold					