

The Self-Reliant Community



Self-reliance starter list of items to have on-hand all the time.

✓	Type	Item	On Hand	1 Month Req	3 Month Req	Need to Purch	Priority	Plan
	Persnl	Hand Soap						
	Persnl	Shampoo						
	Persnl	Toothpaste						
	Persnl	Toothbrush						
	Persnl	Deodorant						
	Persnl	Razor						
	Persnl	Saving cream						
	Persnl	Hand/Body Lotion						
	Persnl	Pain pills						
	Persnl	Vitamins						
	Persnl	Antibiotic cream						

✓	Type	Item	On Hand	1 Month Req	3 Month Req	Need to Purch	Priority	Plan
	Persnl	Bandages						
	Persnl	Sanitary napkins						
	Houshld	Plastic wrap						
	Houshld	Aluminum foil						
	Houshld	Detergent						
	Houshld	Fabric softener						
	Houshld	Paper towels (roll)						
	Houshld	Bathroom tissue (roll)						
	Houshld	Facial tissue (box)						
	Houshld	Storage bag, gallon (Ziploc)						
	Houshld	Storage bag, quart (Ziploc)						

✓	Type	Item	On Hand	1 Month Req	3 Month Req	Need to Purch	Priority	Plan
	Houshld	Garbage bag						
	Houshld	Dishwashing soap						
	Houshld	Batteries (AA)						
	Houshld	Batteries (AAA)						
	Houshld	Batteries (other)						
	Houshld	Paper plates						
	Food	Pancake mix						
	Food	Syrup						
	Food	Cereal						
	Food							

✓	Type	Item	On Hand	1 Month Req	3 Month Req	Need to Purch	Priority	Plan
	Food	Cereal						
	Food	Cereal						
	Food	Cereal						
	Food	Instant milk						
	Food	Flour						
	Food	Sugar						
	Food	Brown sugar						
	Food	Powdered sugar						
	Food	Honey						
	Food	Rice						
	Food	Oats						
	Food	Pasta, manicotti						
	Food	Pasta, spaghetti						
	Food	Pasta, lasagna						
	Food	Pasta, macaroni						

✓	Type	Item	On Hand	1 Month Req	3 Month Req	Need to Purch	Priority	Plan
	Food	Green beans						
	Food	Corn						
	Food	Peas						
	Food	Cream of Chicken soup						
	Food	Cream of Mushroom soup						
	Food	Soup (other)						
	Food	Kidney beans						
	Food	Black beans						
	Food	Refried beans						
	Food	Peaches						
	Food	Pears						
	Food	Canned tomatoes						
	Food	Tomato sauce						
	Food	Tomato paste						
	Food	Canned tuna						

✓	Type	Item	On Hand	1 Month Req	3 Month Req	Need to Purch	Priority	Plan
	Food	Canned chicken						
	Food	Shortening						
	Food	Cooking oil						
	Food	Salt						
	Food	Pepper						
	Food	Vanilla						
	Food	Spices						
	Food	Baking soda						
	Food	Baking powder						
	Food	Peanut butter						
	Food	Jam						
	Food	Cocoa						
	Food	Chocolate chips						
	Food	Popcorn						
	Food	Saltine crackers						

✓	Type	Item	On Hand	1 Month Req	3 Month Req	Need to Purch	Priority	Plan
	Food	Graham crackers						
	Food	Raisins						
	Food	Mayonnaise						
	Food	Ketchup						
	Food	Mustard						
	Food	Salsa						
	Food	Chicken bullion						
	Food	Beef bullion						
	Food	Chili						
	Food	Bread						
	Food	Butter/Margarine						
	Food	Fresh or frozen meat						

