

EMERGENCY PLANT-BASED VEGAN PANTRY STAPLES

WHOLE GRAINS

- Whole Wheat Flour (regular, pastry, etc.)
- Pasta (whole grain if possible)
- Brown Rice Noodles
- Corn Tortillas
- Whole Wheat Tortillas
- Old-Fashioned Oats
- Cereal (Grape Nuts, Shredded Wheat, Uncle Same, Kashi 7-Whole Grain Puffs)
- Whole Grain or Sprouted Bread (Ezekiel, etc. You can keep this in the freezer)
- Quinoa

CANNED BEANS / VEGETABLES / OTHER

- Chickpeas (low-sodium or no salt added if possible)
- Black Beans (low-sodium or no salt added if possible)
- Red Kidney Beans (low-sodium or no salt added if possible)
- Pinto Beans (low-sodium or no salt added if possible)
- Fat-Free Refried Beans
- Whole Kernel Corn (low-sodium or no salt added is possible)
- Lentils
- Green Beans (low-sodium or no salt added if possible)
- Diced Tomatoes
- Tomato Paste
- Crushed Tomatoes
- Tomato Sauce

CONDIMENTS

- Ketchup
- Mustard (yellow, dijon, etc.)
- BBQ Sauce
- Salsa
- Low-Sodium Soy or Tamari Sauce

FROZEN FRUITS & VEGGIES

- Strawberries
- Blueberries
- Mangos
- Mixed Vegetables
- Stir-fry Medley
- Green Beans
- Corn

OTHER SHELF & PANTRY

-
- Oil-Free Pasta or Marinara Sauce
- Nutritional Yeast
- Soy Curls
- Coffee
- Mori-Nu Tofu (extra firm or firm)
- Maple Syrup
- Spices (garlic powder, onion powder, chili powder, cumin, etc.)
- Tahini
- Organic Cane Sugar
- Salt
- Bragg's Liquid Aminos
- Low-Sodium Vegetable Broth

MISCELLANEOUS (Snacks, etc.)

- Extra Firm Tofu
- Super Firm Tofu
- Lara Bars, Clif Bars
- Organic Unsweetened Almond Milk or Soy Milk
- Wasa Crisp Breads
- Natural Peanut Butter (no ingredients other than peanuts and maybe salt)
- Almond Butter
- Cashews (raw)
- Walnuts (raw)