

# The Golden Survivalist Pantry System



## Pantry Checklist

*Focus on foods you already eat and can prepare easily. Build slowly and replace what you use.*

**Core Staples:** Pasta, rice, oatmeal, canned soup, canned tomatoes, beans, canned meats, nut butters.

**Easy Proteins:** Eggs, shelf-stable milk, canned meats, beans.

**Vegetables and Fruit:** Canned vegetables you enjoy, frozen vegetables if reliable, canned fruit, applesauce.

**Comfort Items:** Coffee or tea, crackers, hard candy, simple desserts, popcorn.

**Cooking Basics:** Salt, oil, spices, sweeteners, condiments.

**Medical Needs:** Diet-specific foods, supplements, easy-to-digest items.

**Storage:** Smaller containers, clear bins, permanent marker.

## Simple Rotation Tracker

*Label food with month and year. Store new items behind older ones. Keep heavy items at waist height.*

Once a month, scan for items expiring soon and plan meals around them.

Create a small 'Use Soon' area for foods nearing expiration.

Replace what you use. If you used three cans, buy three more.

Every three months, clean shelves, donate unused items, and adjust quantities.

## Low-Energy Senior Meal Plan

**Breakfast:** Oatmeal, peanut butter on crackers, applesauce, instant drinks.

**Lunch:** Soup and crackers, tuna or chicken salad, rice with canned vegetables.

**Dinner:** Pasta with canned sauce and protein, rice and beans, canned chili, soup with protein.

**No-Cook Meals:** Crackers with nut butter, protein shakes, pudding, broth.

**Comfort Add-ons:** Coffee, tea, candy, simple desserts.