

EMERGENCY STOCKPILE CHECKLIST

****Survival Foods****

- Vimergy Spirulina
- Vimergy BGJP
- Raw Honey
- WBB (frozen or Vimergy powder)

Supplements

- Sovereign Silver
- Argentyn 23
- Echinacea/Goldenseal
- Lemon Balm
- Mullein
- Goldenseal
- Elderberry Syrup
- Lomatium
- Osha
- Propolis
- Zinc
- Monolaurin
- Micro C
- Liposomal C
- Lysine
- Maitake
- Ashwagandha
- Cat's Claw
- Curcumin
- B12
- Pitaya Powder
- CDS (Chlorine Dioxide Solution) – for cleaning water

Pantry Food

- Dried Lentils – for sprouting or cooking

- Canned Beans – by the case (chickpeas, black, pinto, etc.)
- Bean Pasta – black bean, adzuki bean, mung bean, red lentil
- Pasta Sauce
- Salsa
- Dates
- BARE snacks – apple chips and fat-free sweet potato chips
- Dried Apricots
- Dried Figs
- Chia Seeds
- Hemp Seeds
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts
- Olives
- Pumpkin
- Butternut Squash
- Sweet Potato
- Dulse
- Nori
- Sun Dried Tomatoes (tomato halves)
- Kelp Blend
- Coconut Milk
- Shredded Coconut
- Coconut Butter
- Olive Oil

- Raw Honey
- Coconut Water
- Maple Syrup
- Maine Coast Vegetable Kelp Crunch Bars – Original and Sesame Ginger
- Lara Bar – Cherry Pie

Tea Herbs

- Lemon Balm
- Nettle Leaf
- Red Clover
- Peppermint
- Spearmint Leaf
- Elderberries
- Rose Hips
- Star Anise

Sprout Seeds & Trays

- Best seeds: Crimson Clover, Alfalfa, Sunflower, Red Clover

Grains (optional)

- Millet
- Quinoa
- Rolled Oats
- Brown Rice
- Brown Rice Pasta
- Rice Crackers

Frozen Food

- Wild Blueberries
- Blueberries
- Raspberries



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- Strawberries
- Mango
- Pitaya
- Tropical Fruits
- Peas
- Broccoli
- Brussels Sprouts
- Spinach
- Butternut Squash
- Green Beans
- Freeze Aloe Water
- Freeze Turmeric Ginger Shots (LCF)
- Freeze Healing Broth

Fresh Food

- Bananas – ripen & freeze
- Garlic Bulbs
- Ginger Root
- Aloe Leaves
- Potatoes
- Sweet Potatoes

Spices & Herbs

- Garlic
- Ginger
- Cumin
- Thyme
- Turmeric
- Rosemary
- Black Pepper
- Red Pepper Flakes
- Coriander
- Cinnamon
- Ginger
- Garlic Powder
- Cloves
- Sea Seasonings

Water

- Berkey Water Filter & Travel Filter
- Mountain Valley Water or whatever local water you have

(TWO 5-gallon jugs per family member)

Supplies

- Nitrile Gloves
- Sanitizer Wipes (EO, CleanWell, PDI SANI CLOTH HB, SANI-HANDS)
- Masks
- Flashlights/LED Lantern
- Beeswax Candles
- Firewood
- Camping Stove
- Emergency Radio
- Bulk Paper Towels
- Toilet Paper
- Cleaning Supplies

Community Gifting Support:

<https://docs.google.com/spreadsheets/d/1V2US4mo3T0jJiZ6spQlBrwm2vqzTdNYcSDaMBYAiEZg/edit?usp=sharing>

