**Top 100 Survival Foods At The Grocery Store** [Alan Urban](https://urbansurvivalsite.com/author/admin/)

Disasters can and do strike without warning, and when they strike, most of the population is vastly underprepared. Truth be told, the vast majority of people aren’t prepared at all, and hardly anyone has enough survival food to last them through the month. It’s for this reason that when a disaster occurs, hoards of people will swarm the grocery stores and supermarkets in order to get as much food as they possibly can. You could end up being one of those people if you don’t start preparing right now.

So take advantage of the comparatively small crowds and short lines you can find at grocery stores during the good times because there could come a time when going to the store is like something out of a disaster movie.

If anything, you could argue that that time has already come. Besides the pandemic, we’ve also experienced a massive economic recession that has surpassed the Great Recession of 2008 in terms of unemployment and small business closures, massive social unrest unlike anything our country has seen since the 1960s, and great uncertainty about where things may be headed in the near future.

Another major concern that several people share is the possibility of local, state, or Federal governments implementing [martial law](https://urbansurvivalsite.com/6-things-that-can-happen-during-martial-law/), either nationwide or in select areas of the country. This fear is not at all unfounded, as it has been threatened repeatedly over the last year. In the event of martial law, the government would seize the means of production including grocery stores and restaurants, and tightly regulate what foods you can and cannot buy.

**As a result, the time is now to stock up on survival foods.** Remember, when disaster does strike, there are only three primary ways to get the food that you need to survive: grow it, raise it, or store it. This article will dive extensively into the third option by teaching you about the best foods to stockpile for [survival](https://fb1a8msqkbao2v77wf5esrxjp1.hop.clickbank.net/?tid=AUTO).

This article will cover the primary criteria to follow when selecting grocery store foods that you want to store for survival. We’ll also list some specific foods you should consider getting, and we’ll share some tips on how to properly store all this food so it doesn’t go bad.

Criteria - There are many criteria that you will want to keep in mind when stockpiling food for survival, including but not limited to each of the following, presented in alphabetical order:

**Calories** - There’s a golden rule to follow when storing food for survival purposes: you should aim to have at least two thousand calories per adult person per day. This is a good baseline to shoot for because it ensures that everyone will get enough food and thus also have enough energy.

**Cost** - This will at least be a factor for anyone on a budget. While it’s important to prep, you don’t want to take things too far and spend money that you don’t have.

Instead, if you are on a budget, focus on buying a little at a time and then slowly building up your preparations from there. Furthermore, set aside an emergency fund in your home (at least $1,000 cash would be a good goal) that you can spend on last-minute disaster preps if you have to.

**Nutrition** - The best way to ensure that you get proper nutrition from your survival foods is to get a lot of variety. Don’t just get beans and rice like some survival websites suggest. Instead, get beans, rice, fruits, vegetables, meats and proteins, and so on.

Just as you eat well-balanced meals in your everyday life (or least like you should), you should strive to do so in a major disaster scenario as well. Your body will need all the vitamins and nutrients it can get.

**Shelf Life** - Last but not least, consider the shelf life of your food very carefully. Some foods will have an indefinite shelf life, but most will only last a few years or even just a few months under the proper storage conditions. Therefore, you need to research the shelf life of each food you store and rotate them out accordingly.

Top 100 Survival Foods At The Grocery Store

Now let’s get to the list. I divided it into the following categories: fruits and veggies, grains and starches, meat and protein, and miscellaneous foods.

**Canned Fruits**

Most fruits won’t last very long on their own, but canned fruits and vegetables should last for at least one to two years beyond the date on the can.

Applesauce Mixed Fruit Peaches Pears Pineapple

**Dried Fruits**

Dried fruits can still provide you with the same nutrients as other kinds of fruits. Raisins, in particular, are loaded to the brim with fiber, Vitamin C, iron, potassium, and protein. If possible, go with organic dried fruits.

Apricots Banana Chips Cranberries Fruit Leathers Mixed Fruit Raisins

**Canned Vegetables**

Canned vegetables, on their own, admittedly don’t offer much as a survival food. But the idea is that they can serve as an addition to other kinds of meals.

Carrots Corn Green Beans Mixed Vegetables Peas Spaghetti Sauce Tomatoes

**Grains and Starches** Cereals

Resist the temptation and to stockpile Cookie Crisp and Lucky Charms and try to focus on the healthier cereals such as Cheerios or Rasin Brain. You want to get plenty of fiber and nutrients.

Cereal

**Flour**

Flour is seriously one of the best survival foods because all you need to do is mix it with some salt, yeast, sugar, and water and you can make dough for bread, pizza, etc.

Flour is also very rich in fibers, minerals, and [vitamins](https://amzn.to/2qSagy4). In more ways than not, it really could be considered a ‘core’ food item to stockpile. By the way, be sure you get white flour as wheat and many other types of flour are usually only good for a few months.

Pancake Mix Waffle Mix White Flour Pasta

Pasta is filled with tons of carbohydrates, it’s incredibly cheap, and it can be found at virtually any grocery store. To prepare it, all you need is some boiling water. Additionally, dried pasta will also last for years beyond the date stamped on the box or packaging.

So to put this into perspective: you could technically be enjoying spaghetti or mac and cheese for dinner during a [major disaster](https://841d7nshqj4m9q8zzh-httotig.hop.clickbank.net/?tid=AUTO) scenario.

Fettuccine Linguine Macaroni Ramen noodles Spaghetti

**Potatoes**

Obviously, you can’t store regular potatoes for very long except for in a root [cellar](https://b3539clmpj4o8t5cfec-hjzztu.hop.clickbank.net/?tid=AUTO), but there are other options.

Hashbrown mix Mashed potato mix

**Rice**

Here’s something that you undoubtedly expected to see on this list, but there’s a huge asterisk here: only buy white rice for survival and disaster preparedness and never brown rice.

Even though brown rice is technically more nutritious than white rice, it also has a much shorter shelf life and spoils more easily. White rice will last for years under ideal storage conditions, while brown rice will only last for a few months.

That’s also not to mention that [white rice](https://amzn.to/3l2E06i) is very cost-efficient, and can be bought in bulk on the cheap.

White Rice

**Other Grains**

Although flour has a good shelf life under the right conditions, you’ll get a much longer shelf life out of grains like wheat. Here are a few suggestions.

Barley Cornmeal Grits Kamut Oats Quinoa Rye Wheat

Of course, there are many other types of wheat such as buckwheat, couscous, spelt, and so forth. It depends on your preferences.

Meat and Protein

Beans (Canned and Dried\*)

Along with rice, beans are considered to be a classic survival food. It’s not at all difficult to see why: beans are rich with proteins and nutrients, can be stored in bulk, have a shelf life of several years, and they can be bought very cheaply as well. In many ways, beans are a super food.

So why did I put an asterisk next to “dried”? Because although dried beans can last for an incredibly long time, they’re probably not worth the trouble in a survival scenario. Even after presoaking them, you have to cook them for at least an hour which is a huge waste of water and energy? You’re better off getting canned beans.

Black Beans Baked Beans Black-Eyed Peas Garbanzo Beans Kidney Beans

Lentils Lima Beans Pinto Beans Beef Jerky [Jack Link’s](https://amzn.to/2SsK2BX)

**Canned Meat**

Just as you should be stockpiling canned fruits and vegetables because they last longer on the shelf, so you should stockpile canned meats as well.

Granted, canned meat is not going to taste anywhere near as good as a homemade beef roast dinner or BBQ pork ribs or a roasted chicken. But it will give you the exact same amount of protein, and furthermore, it will last for years on the shelf. For this reason, you should have at least an entire shelf in your home filled with stacks of canned meats, and you should also consider it a survival food staple.

Canned Beef Canned Chicken Canned Tuna (in oil) Spam Vienna Sausages

**Nuts/Seeds**

Almonds Mixed Nuts Peanuts Pecans Sunflower Seeds Walnuts

**Nut Butters**

Peanut butter is a particularly valuable food item to have on hand, especially if you have children. It is filled with fat, protein, and other nutrients, and kids love it.

That’s also not to mention that [peanut butter](https://amzn.to/3aMt1t2) will have a shelf life of several years past its stamped expiration date, which further aids in its value as a survival food item.

Almond Butter Cashew Butter Peanut Butter

**Protein Bars**

Some protein bars have a shelf life of several years, and they’re very convenient to pack. If you need to leave your house on an expedition or supply run, for instance, you can stuff a few bars in your backpack for a quick and easy meal that will also supply you with badly needed energy and nutrition.

That’s also not to mention that because protein bars are very small, they don’t take up much space, and you can literally have entire boxes filled up with them in your pantry.

[Pure Protein Bars](https://amzn.to/2BmJzHG)

**Miscellaneous Foods**

These things didn’t fit neatly in any other the other categories because most of them have foods from each one (for example, canned soup).

Condiments

Imagine eating a hamburger without ketchup and mustard. Or a place of pancakes without syrup. It should be obvious why condiments are so important. [Don’t forget about them](https://urbansurvivalsite.com/dont-forget-stockpile-condiments-seasonings/).

BBQ Sauce Honey Hot Sauce Jam/Jelly Ketchup Mustard Salad Dressing

Soy Sauce Syrup

Drinks

During a long-term disaster, you are going to get sick of water very quickly. Keep your morale up by having some juice, Gatorade, or hot cocoa. Coffee will be particularly important if you’re hooked onit.

Coffee Cocoa Mix Gatorade Powder Juice Mix Protein Powder Tea

**Ingredients**

A lot of your other foods will be useless if you don’t have salt, sugar, cooking oil, baking powder, and the many other ingredients that are important in so many recipes.

Baking Powder Baking Soda Cooking Oil Ghee Lard Powdered Cheese

Powdered Eggs Powdered Milk Salt Spices Sugar Vanilla Extract Vinegar Yeast

Instant Meals

Don’t feel like cooking? Just open up the can or container and start eating. Personally, I don’t mind eating Hormel canned soups at room temperate. They still taste great!

Canned Chili Canned Soup Hormel Meals Snacks

As I’ve already mentioned, morale is important during a crisis, and things like cookies and hard candies make it much easier to stay positive.

Cookies Crackers Granolas Hard Candies Pickles Popcorn

Tips On Storing Food

Food Storage Locations

In fact, the proper storage of food is really more important than the type of food or how much of it you store. Why? Because if you don’t store it properly, it will all go bad anyway, and you may as well not have stored anything.