# Long Term Food Storage Checklist

A practical printable checklist for building and reviewing your emergency food supply.

Use this checklist to spot gaps in your food storage. You do not need to complete everything at once. Start with the basics, then improve your pantry over time.

## Food and Meals

- [ ] Three days of easy food for everyone in your household
- [ ] A longer-term target, such as one week, two weeks or one month
- [ ] Breakfasts, lunches, dinners and snacks planned as real meals
- [ ] Foods your household already eats and will happily rotate
- [ ] Ready-to-eat meals for power cuts and short disruptions
- [ ] Quick-cook foods that use less fuel and water
- [ ] Longer-life staples such as rice, pasta, oats, flour, sugar and salt
- [ ] Protein sources such as beans, lentils, tuna, tinned meat, peanut butter or long-life vegetarian options
- [ ] Fats such as cooking oil, ghee, nut butters or tinned fish in oil
- [ ] Tinned vegetables, tinned fruit or dried fruit
- [ ] Tea, coffee, squash, hot chocolate or other familiar drinks
- [ ] Comfort foods and snacks for morale

## Storage and Rotation

- [ ] A cool, dry and dark storage space
- [ ] Airtight containers for opened dry foods
- [ ] Food kept away from damp floors and walls
- [ ] Protection against pests
- [ ] Dates written clearly on packets, tins or storage boxes
- [ ] Older food kept at the front
- [ ] Newer food placed behind older stock
- [ ] A regular check every few months
- [ ] A plan to use food before it goes out of date

## Water and Cooking

- [ ] Drinking water stored for the same period as your food target
- [ ] Extra water for cooking dry foods
- [ ] Water for washing hands and cleaning utensils
- [ ] A manual tin opener
- [ ] A safe backup cooking method
- [ ] Suitable fuel for your backup cooking method
- [ ] Matches, lighter or ignition method
- [ ] Simple cooking equipment
- [ ] Food that can be eaten without heating

## Household Needs

- [ ] Baby food, formula or toddler snacks if needed
- [ ] Pet food if you have animals
- [ ] Food for allergies, intolerances or medical diets
- [ ] Familiar foods for children or fussy eaters
- [ ] Easy meals for illness, stress or tiredness
- [ ] Clear storage so other household members can find what they need

## Quick Next Steps

- [ ] Choose one gap from this checklist and fix that first
- [ ] Add one or two useful items to your next normal shop
- [ ] Label anything you store today with the month and year
- [ ] Set a reminder to review your food storage in three months

| Notes / foods to add next |
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Printable resource from UK Prepper Life. Keep this with your household emergency plan or food storage notes.