MEMBERS VAULT

Off-Grid Meal Rotator

A week-by-week meal picture and a refill list, built from *The Practical Off-Grid Cookbook*.

To be used with The Practical Off-Grid Cookbook and, for stocking, the 30-Day Shelter Pantry Tracker and The Practical Long-Term Pantry.

The cookbook has a seven-day emergency meal plan in Chapter 13 (p. 105). That plan is Week 1 of this rotator. The book does not publish a four-week menu, so Weeks 2–4 are blank planning sheets you fill from the recipe bank — or you can repeat the Chapter 13 week. The book itself calls that plan a framework, not a rigid schedule.

WHAT THIS IS NOT

This rotator is a planning aid to use with the cookbook. It is not a nutrition plan, not a medical diet, and not a guarantee of food safety or supply. Follow the food-safety notes in the book, and do not rely on a meal plan if storage conditions have failed.

BUILT, NOT JUST WRITTEN.

MEMBERS VAULT · OFF-GRID MEAL ROTATOR

How to use this rotator

A planning aid to use with the cookbook

This rotator does not invent recipes, cook times, or food-safety rules. Meal names and notes come from Chapter 13 and from the titled recipes in Chapters 7–10. Amounts stay as written in the book. Write your household size in the blank so you remember who you are cooking for; do not scale a recipe here unless you are following the book.

HOW TO USE THE PAGES

1. Fill in household size on each weekly page. Keep recipe amounts as written in the cookbook unless the book itself tells you how to change them.
2. Cook Week 1 from the Chapter 13 plan. Tick cooked / not as you go. The plan uses leftovers on purpose: extra stew, extra rice, extra chili.
3. For Weeks 2–4, pick meals from the recipe bank (Chapters 7–10) or repeat Week 1. Write the book page so you can open the method.
4. Use the pantry check-off (Appendix A of the cookbook) to mark what is already in the house. The refill list is for gaps — not a shopping guarantee.
5. If you are also stocking a longer pantry, use the 30-Day Shelter Pantry Tracker alongside this rotator. This sheet is the meal picture; the tracker is the stock picture.

FOOD-SAFETY FIGURES FROM APPENDIX G — ESTIMATES, NOT A GUARANTEE

Keep refrigerator and freezer doors closed as much as possible. Food generally remains cold for approximately 4 hours if the refrigerator stays closed. A full freezer generally stays frozen for about 48 hours if unopened; a half-full freezer generally stays frozen for about 24 hours. When refrigerated foods have remained above safe temperatures for several hours and you are uncertain about their condition: when in doubt, throw it out. Day One of the plan uses refrigerated foods first, while they are still at their best.

Follow the food-safety notes in Chapter 12 and the cookbook's own opening disclaimer: practice safe food handling, cook foods to their proper internal temperatures, and never use outdoor cooking equipment indoors unless it is specifically rated for indoor use.

The cookbook has the methods and the recipes. This rotator is only a week-by-week picture and a refill list.

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MEMBERS VAULT · OFF-GRID MEAL ROTATOR

Week 1 — Days One to Four

From Chapter 13 — Seven-Day Emergency Meal Plan, p. 105

Household size: _____ Week of: _____

From the cookbook's Chapter 13 plan. The first day uses refrigerated foods first.

Day One

The first day is usually the easiest because refrigerated foods are still safe and should be used before turning to long-term pantry supplies.

MEAL	NAME	BOOK	MAIN STAPLES	PREP NOTES	DONE
Breakfast	Scrambled eggs, toast, and fresh fruit if it's available	Chapter 13 plan, p. 105 — not a titled recipe	Eggs, bread, fresh fruit (if available)	Use refrigerated foods first, while they are still at their best.	Cooked ☐ Not ☐
Lunch	Grilled cheese sandwiches with tomato soup	Chapter 13 plan, p. 105 — not a titled recipe	Cheese, bread, tomato soup	The plan's point is to make good use of refrigerated cheese while it's still at its best.	Cooked ☐ Not ☐
Dinner	Dutch Oven Beef Stew	Recipe, Chapter 9, p. 74 · used in the Chapter 13 plan	Beef stew ingredients as written in Chapter 9 (a large pot)	Cook more than you think you'll need, because tomorrow's lunch has already been planned.	Cooked ☐ Not ☐

Day Two

Leftovers become lunch. Extra rice cooked tonight becomes tomorrow's breakfast.

MEAL	NAME	BOOK	MAIN STAPLES	PREP NOTES	DONE
Breakfast	Oatmeal with dried fruit and cinnamon	Chapter 13 plan, p. 105 · see also Campfire Oatmeal, Chapter 7, p. 56	Rolled oats, dried fruit, cinnamon	The plan notes this requires very little fuel while providing steady energy.	Cooked ☐ Not ☐
Lunch	Yesterday's beef stew	Chapter 13 plan (leftover from Day One dinner)	Leftover Dutch oven beef stew	Like many soups and stews, the flavors often improve after resting overnight. Follow the food-safety notes in Chapter 12 and Appendix G.	Cooked ☐ Not ☐
Dinner	Chicken and Rice	Recipe, Chapter 8, p. 65 · used in the Chapter 13 plan	Chicken, rice, vegetables still fresh enough to enjoy	Cook extra rice for tomorrow morning.	Cooked ☐ Not ☐

Day Three

Breakfast is built from leftover rice, which saves time and fuel.

MEAL	NAME	BOOK	MAIN STAPLES	PREP NOTES	DONE
Breakfast	Rice Breakfast Bowl	Recipe, Chapter 7, p. 56 · used in the Chapter 13 plan	Cooked leftover rice, cinnamon, powdered milk, raisins	Preparing breakfast from leftover rice saves both time and fuel.	Cooked ☐ Not ☐
Lunch	Hearty Vegetable Soup with fresh bannock bread	Hearty Vegetable Soup, Chapter 8, p. 65 · Simple Bannock Bread, Chapter 7, p. 56	Soup vegetables / pantry vegetables, flour, baking powder, salt, oil, water	Use the methods as written in those recipes.	Cooked ☐ Not ☐
Dinner	Campfire Chili with Cornbread	Campfire Chili, Chapter 8, p. 65 · Cornbread, Chapter 10, p. 83	Chili staples as written in Chapter 8; cornbread staples as written in Chapter 10	Prepare enough chili to provide another meal the following day.	Cooked ☐ Not ☐

Day Four

By now the meals rely more on pantry ingredients.

MEAL	NAME	BOOK	MAIN STAPLES	PREP NOTES	DONE
Breakfast	Emergency Granola	Recipe, Chapter 7, p. 56 · used in the Chapter 13 plan	Granola as written in Chapter 7; shelf-stable milk; fresh fruit if any remains	Serve with shelf-stable milk and fresh fruit if any remains.	Cooked ☐ Not ☐
Lunch	Leftover chili with cornbread	Chapter 13 plan (leftover from Day Three dinner)	Leftover chili and cornbread	Follow the food-safety notes in Chapter 12 and Appendix G when reheating leftovers.	Cooked ☐ Not ☐
Dinner	Pasta with Garlic Butter and canned chicken	Pasta with Garlic Butter, Chapter 8, p. 65 · Chapter 13 plan adds canned chicken	Pasta, garlic, butter, canned chicken	The plan describes this as a filling meal that relies almost entirely on pantry ingredients.	Cooked ☐ Not ☐

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MEMBERS VAULT · OFF-GRID MEAL ROTATOR

Week 1 — Days Five to Seven

From Chapter 13 — Seven-Day Emergency Meal Plan, p. 105

Household size: _____ Week of: _____

Still the Chapter 13 plan. The purpose of Day Seven is thoughtful use of what remains, not a perfect recreation of a recipe.

Day Five

MEAL	NAME	BOOK	MAIN STAPLES	PREP NOTES	DONE
Breakfast	Skillet Pancakes	Recipe, Chapter 7, p. 56 · used in the Chapter 13 plan	Pancake staples as written in Chapter 7; honey or jam to serve	The plan serves these with honey or jam.	Cooked ☐ Not ☐
Lunch	Tuna and Rice Bowl	Recipe, Chapter 8, p. 65 · used in the Chapter 13 plan	Canned tuna, remaining rice prepared earlier in the week	Uses the remaining rice prepared earlier in the week.	Cooked ☐ Not ☐
Dinner	Sausage and Potatoes	Recipe, Chapter 9, p. 74 · used in the Chapter 13 plan	Sausage, potatoes, onions and peppers if they're still available	The plan cooks this in a cast-iron skillet with onions and peppers if they're still available.	Cooked ☐ Not ☐

Day Six

MEAL	NAME	BOOK	MAIN STAPLES	PREP NOTES	DONE
Breakfast	Warm oatmeal with apples and cinnamon	Chapter 13 plan · see also Warm Apple Cinnamon Oats, Chapter 7, p. 56	Rolled oats, apple, cinnamon	Use the recipe method in Chapter 7 if you are following Warm Apple Cinnamon Oats.	Cooked ☐ Not ☐
Lunch	Lentil Stew with Dutch Oven Bread	Lentil Stew, Chapter 8, p. 65 · Dutch Oven Bread, Chapter 10, p. 83	Lentils and stew staples as written in Chapter 8; bread staples as written in Chapter 10	Use the methods as written in those recipes.	Cooked ☐ Not ☐
Dinner	One-Pot Jambalaya	Recipe, Chapter 9, p. 74 · used in the Chapter 13 plan	Smoked sausage, rice, any remaining vegetables that should be used before they spoil	The plan's purpose is thoughtful use of remaining vegetables and pantry ingredients.	Cooked ☐ Not ☐

Day Seven

The purpose isn't to follow a recipe perfectly but to make thoughtful use of everything that's left before normal grocery shopping becomes possible again.

MEAL	NAME	BOOK	MAIN STAPLES	PREP NOTES	DONE
Breakfast	Simple Bannock with peanut butter, honey, or preserves	Simple Bannock Bread, Chapter 7, p. 56 · used in the Chapter 13 plan	Bannock staples as written in Chapter 7; peanut butter, honey, or preserves	Use the method as written in Chapter 7.	Cooked ☐ Not ☐
Lunch	Bean Skillet with cornbread or fresh bread	Bean Skillet, Chapter 8, p. 65 · used in the Chapter 13 plan	Beans and skillet staples as written in Chapter 8; leftover or fresh bread	Use the method as written in Chapter 8.	Cooked ☐ Not ☐
Dinner	Vegetable Curry served over rice	Vegetable Curry, Chapter 9, p. 74 · used in the Chapter 13 plan	Curry staples as written in Chapter 9; rice; whatever vegetables and pantry ingredients remain	The plan's purpose is thoughtful use of what is left, not a perfect recreation of the recipe.	Cooked ☐ Not ☐

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MEMBERS VAULT · OFF-GRID MEAL ROTATOR

Week 2 — plan from the book

Blank on purpose — fill from Chapters 7–10 or repeat Week 1

Household size: _____ Week of: _____

The cookbook does not publish a four-week menu. Fill this week from the recipe bank (Chapters 7–10) or repeat the Chapter 13 plan. Write the book page. Amounts stay as written in the book. Leftovers may become a later meal, as they do in Chapter 13.

DAY	MEAL	MEAL NAME (FROM THE BOOK)	BOOK	MAIN STAPLES	PREP NOTES	DONE
Day 1	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 2	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 3	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 4	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 5	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 6	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 7	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐

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Week 3 — plan from the book

Blank on purpose — fill from Chapters 7–10 or repeat Week 1

Household size: _____ Week of: _____

The cookbook does not publish a four-week menu. Fill this week from the recipe bank (Chapters 7–10) or repeat the Chapter 13 plan. Write the book page. Amounts stay as written in the book. Leftovers may become a later meal, as they do in Chapter 13.

DAY	MEAL	MEAL NAME (FROM THE BOOK)	BOOK	MAIN STAPLES	PREP NOTES	DONE
Day 1	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 2	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 3	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 4	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 5	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 6	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 7	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐

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Week 4 — plan from the book

Blank on purpose — fill from Chapters 7–10 or repeat Week 1

Household size: _____ Week of: _____

The cookbook does not publish a four-week menu. Fill this week from the recipe bank (Chapters 7–10) or repeat the Chapter 13 plan. Write the book page. Amounts stay as written in the book. Leftovers may become a later meal, as they do in Chapter 13.

DAY	MEAL	MEAL NAME (FROM THE BOOK)	BOOK	MAIN STAPLES	PREP NOTES	DONE
Day 1	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 2	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 3	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 4	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 5	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 6	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐
Day 7	Breakfast		Ch. ____ p. ____			Cooked ☐ Not ☐
	Lunch		Ch. ____ p. ____			Cooked ☐ Not ☐
	Dinner		Ch. ____ p. ____			Cooked ☐ Not ☐

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MEMBERS VAULT · OFF-GRID MEAL ROTATOR

Recipe bank

Chapters 7–8

Titles, chapters, and staple lists are from the cookbook. Amounts are as written in the book; this bank does not scale them. Open the recipe for the method and any heat-source notes.

RECIPE	BOOK	MAIN STAPLES (NAMES ONLY — AMOUNTS IN THE BOOK)
Campfire Oatmeal	Ch. 7, p. 56	Rolled oats, water, salt, brown sugar, cinnamon; raisins or dried cranberries optional
Skillet Pancakes	Ch. 7, p. 56	Flour, sugar, baking powder, salt, water or powdered milk, oil; egg optional
Country Breakfast Hash	Ch. 7, p. 56	Potatoes, onion, cooked sausage or ham, oil, salt, pepper, paprika
Dutch Oven Eggs	Ch. 7, p. 56	Eggs, milk, cheddar, ham, green onions, salt, pepper
Simple Bannock Bread	Ch. 7, p. 56	Flour, baking powder, salt, oil, water
Rice Breakfast Bowl	Ch. 7, p. 56	Cooked rice, shelf-stable or powdered milk, brown sugar, cinnamon, raisins
Warm Apple Cinnamon Oats	Ch. 7, p. 56	Rolled oats, water, apple, cinnamon, maple syrup or brown sugar
Emergency Granola	Ch. 7, p. 56	Rolled oats, nuts, sunflower seeds, honey, oil, cinnamon, dried fruit
Hearty Vegetable Soup	Ch. 8, p. 65	Oil, onion, carrots, celery, potatoes, canned diced tomatoes, vegetable broth, mixed vegetables, thyme, salt, pepper
Chicken and Rice	Ch. 8, p. 65	Cooked chicken, long-grain rice, chicken broth, onion, butter, garlic powder, salt, pepper
Campfire Chili	Ch. 8, p. 65	Ground beef, onion, garlic, kidney beans, black beans, diced tomatoes, chili powder, cumin, salt, pepper
Lentil Stew	Ch. 8, p. 65	Dried lentils, onion, carrots, celery, vegetable broth, thyme, bay leaf, salt, pepper
Pasta with Garlic Butter	Ch. 8, p. 65	Pasta, butter, garlic, dried parsley, salt, pepper; Parmesan optional
Bean Skillet	Ch. 8, p. 65	Mixed beans, onion, bell pepper, oil, smoked paprika, cumin, salt, pepper
Foil Packet Meals	Ch. 8, p. 65	Sausage or chicken, potatoes, carrots, onion, butter, salt, pepper, garlic powder
Tuna and Rice Bowl	Ch. 8, p. 65	Cooked rice, canned tuna, mayonnaise or shelf-stable dressing, lemon juice, pepper; green onions optional

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MEMBERS VAULT · OFF-GRID MEAL ROTATOR

Recipe bank

Chapters 9–10

Titles, chapters, and staple lists are from the cookbook. Amounts are as written in the book; this bank does not scale them. Open the recipe for the method and any heat-source notes.

RECIPE	BOOK	MAIN STAPLES (NAMES ONLY — AMOUNTS IN THE BOOK)
Dutch Oven Beef Stew	Ch. 9, p. 74	Stewing beef, potatoes, carrots, celery, onion, garlic, beef broth, tomato paste, flour, oil, thyme, salt, pepper
Sausage and Potatoes	Ch. 9, p. 74	Smoked sausage, potatoes, onion, bell pepper, butter, paprika, salt, pepper
Campfire Pasta Bake	Ch. 9, p. 74	Pasta, ground beef, onion, pasta sauce, mozzarella, Italian seasoning
Shepherd's Skillet	Ch. 9, p. 74	Ground beef, onion, mixed vegetables, mashed potatoes, cheddar, salt, pepper
Chicken and Dumplings	Ch. 9, p. 74	Cooked chicken, chicken broth, carrots, celery, onion, biscuit mix, water, salt, pepper
Vegetable Curry	Ch. 9, p. 74	Potatoes, carrots, zucchini, onion, chickpeas, coconut milk, curry powder, oil, salt
One-Pot Jambalaya	Ch. 9, p. 74	Smoked sausage, cooked chicken, long-grain rice, chicken broth, onion, bell pepper, celery, Cajun seasoning
Rustic Beef and Rice	Ch. 9, p. 74	Ground beef, onion, cooked rice, diced tomatoes, garlic powder, paprika, salt, pepper
Dutch Oven Bread	Ch. 10, p. 83	Flour, salt, instant yeast, warm water
Campfire Biscuits	Ch. 10, p. 83	Flour, baking powder, salt, shortening, milk
Bannock Variations	Ch. 10, p. 83	Flour, baking powder, salt, oil, water
Cornbread	Ch. 10, p. 83	Cornmeal, flour, sugar, baking powder, salt, egg, milk, oil
Cinnamon Camp Bread	Ch. 10, p. 83	Bread dough, brown sugar, cinnamon, melted butter
Skillet Pizza	Ch. 10, p. 83	Prepared pizza dough, pizza sauce, mozzarella; toppings as you have
Dutch Oven Fruit Cobbler	Ch. 10, p. 83	Canned sliced peaches or mixed fruit, flour, sugar, baking powder, milk, melted butter, cinnamon
Campfire Cinnamon Apples	Ch. 10, p. 83	Apples, butter, brown sugar, cinnamon, nutmeg

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Already in the pantry, and a refill list

Appendix A of the cookbook, p. 125

This check-off is Appendix A of the cookbook — The Practical Off-Grid Pantry Checklist, p. 125. Mark what is already in the house. "Enough" is your judgment for your household; the book does not set a quantity for every line.

GRAINS & STAPLES

- ☐ White rice — on hand ☐ enough ☐
- ☐ Brown rice — on hand ☐ enough ☐
- ☐ Pasta — on hand ☐ enough ☐
- ☐ Rolled oats — on hand ☐ enough ☐
- ☐ Flour — on hand ☐ enough ☐
- ☐ Cornmeal — on hand ☐ enough ☐
- ☐ Pancake mix — on hand ☐ enough ☐
- ☐ Biscuit mix — on hand ☐ enough ☐

PROTEINS

- ☐ Canned chicken — on hand ☐ enough ☐
- ☐ Canned tuna — on hand ☐ enough ☐
- ☐ Canned salmon — on hand ☐ enough ☐
- ☐ Canned ham — on hand ☐ enough ☐
- ☐ Peanut butter — on hand ☐ enough ☐
- ☐ Dried beans — on hand ☐ enough ☐
- ☐ Lentils — on hand ☐ enough ☐

VEGETABLES & FRUIT

- ☐ Canned vegetables — on hand ☐ enough ☐
- ☐ Canned tomatoes — on hand ☐ enough ☐
- ☐ Mixed vegetables — on hand ☐ enough ☐
- ☐ Applesauce — on hand ☐ enough ☐
- ☐ Dried fruit — on hand ☐ enough ☐
- ☐ Raisins — on hand ☐ enough ☐

DAIRY

- ☐ Powdered milk — on hand ☐ enough ☐
- ☐ Shelf-stable milk — on hand ☐ enough ☐
- ☐ Evaporated milk — on hand ☐ enough ☐

BAKING ESSENTIALS

- ☐ Sugar — on hand ☐ enough ☐
- ☐ Brown sugar — on hand ☐ enough ☐
- ☐ Baking powder — on hand ☐ enough ☐
- ☐ Baking soda — on hand ☐ enough ☐
- ☐ Yeast — on hand ☐ enough ☐
- ☐ Salt — on hand ☐ enough ☐

OILS & SEASONINGS

- ☐ Vegetable oil — on hand ☐ enough ☐
- ☐ Olive oil — on hand ☐ enough ☐
- ☐ Black pepper — on hand ☐ enough ☐
- ☐ Garlic powder — on hand ☐ enough ☐
- ☐ Onion powder — on hand ☐ enough ☐
- ☐ Paprika — on hand ☐ enough ☐
- ☐ Cinnamon — on hand ☐ enough ☐
- ☐ Italian seasoning — on hand ☐ enough ☐
- ☐ Chili powder — on hand ☐ enough ☐
- ☐ Bouillon cubes — on hand ☐ enough ☐

REFILL LIST

Write staples that are missing or running low. This is a planning list, not a guarantee of supply. If you also keep the 30-Day Shelter Pantry Tracker, you can copy gaps across.

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