COSTCO SHOPPING LIST

(As well as your local super markets anywhere in the world)

We at Happy Hovel realize that we could all do with some extra help amassing our much needed Food Storage.

To this end we have collected a list of foods that can be purchased, from your local Food Market or larger stores, such as Sams Club and Costco here in the USA.

Please be aware that most “canned foods” will last for many, many years if kept dry and cool. This will not prevent you from canning your own foods but it is there for you to at least start your storage at a reduced cost.

At present in our uncertain world we are experiencing either floods snow or droughts and all of these weather anomalies will affect your ability to be able to purchase these foods for much longer.

If your local Super Market is having a sale on any canned goods, buy a few each time you are there, you will be happy you did.

Please note that if you do come from other countries this list can be purchased all over the world.

Below is our recommended list:

Fruits in glass jars or fruits in can’s

Canned Salmon

Canned Sardines

Olive Oil (This oil will keep for many years)

Peanut Butter (Jiff is recommended as it has a high sugar content and will last for years)

Canned Coconut Milk (It is recommended that you shop at a local Asian food market, as it is much cheaper to purchase)

Canned soups in jars or cans

Canned Vegetables

Dry Soup Mixes in catering sizes

Fruit Juice in glass or plastic containers

Canned Chicken

Jams and Jellies

Baked Beans

Chili and Beans

Canned Milk, Evaporated and or Condensed milks

Sugar ((Please re consider and purchase a lot of sugar, it will last forever and be a fabulous bartering tool.)

SALT: (Please consider purchasing a lot of this product)

Honey(whether creamed or not, there will be a shortage of honey if we continue the current weather patterns.

Molasses.(excellent source of B vitamins.)

Chocolate Powder(Please place anything you purchase in a box MUST go into a sealed bucket)

Hard Candies (These tasty candies are wonderful for everyone in your family, they will assist in adjusting your blood sugar if anyone is in a state of shock, one candy will help stabilize whomever.)

Instant Coffee Crystals (Better known as Freeze Dried Coffee---It can be difficult to store Coffee Beans as the oils in Coffee can go rancid.)

Tea Bags or Boxes of Tea (These should be stored in sealed plastic buckets.)

Ketchup (Lasts forever.)

Mayonnaise.(Lasts well in a cool place)

Pasta Sauces (In Glass or Canned)

Olives (in jars or cans (if you are preparing for

Only 2 people make sure that “IF” you purchase in large canned containers that you will need to “decant” into smaller containers.)

Spices and Herbs

Dry Pasta (if purchased in plastic leave in bags and transfer to plastic buckets) Aluminum Foil.(CATERING SIZE)

Shrink Wrap (CATERING SIZE)

Plastic Containers

Plastic Zip lock bags (all sizes)

Wine and Spirits

Vinegar (handy for not only cooking but also used as a cleaning aid and

for first aid purposes)

Note pads and plenty of Ball Point Pens

Bath Soap

Shampoos and Conditioner (is used to wash clothing and condition any wool items as well as your hair)

Toothpaste and Toothbrushes

Feminine Products

Toilet Paper

Board Games

WATER WATER WATER

You can live for 3 weeks without food; you can survive only 10 days without water.

Water purchased in bottles is not a great idea. Water has a life factor of 6 weeks before it looses it’s life force (oxygen) consider using well water and store for long periods with Oxygen Plus or Aerobic Oxygen.

Email: happyhovel@mindspring.com

This product has been tested to store water for 5 years with the added benefit of having an extra molecule of stable oxygen. For information purposes, you are not advised to use Clorox or any bleach products; these are called Halogens and are carcinogens. Food grade peroxide is also not recommended as it will deplete after 6 months and possibly cause diarrhea, this will leave the body depleted of water.

We do NOT recommend using Iodine to store water ---rather gain your Iodine from iodized salt. Dosing water with Iodine can be very dangerous to your health!

This List should be added to, as you peruse the aisles in Costco or your local supermarket you will see many items that are packed in glass or can's 99% can be stored for years …most pastas and spaghettis/tea/sugars/ will last as well but should be placed in a large plastic bucket (do not remove from plastic bags).

You can get buckets with lids from hardware stores; mark all buckets with permanent marker clearly.

While you at it, you should also consider the following items:

First aid kit

Well stocked sewing kit

Gardening tools

A tool kit (preferably hand tools not electric or battery)

Extra Batteries

Soft Backpack for your car:

We have been told never to leave home with out a good soft lightweight backpack with water, foods, warm coat, compass and anything you may require if you were stranded and had to leave your car and walk home, also consider maps.

The main way to work it all out is to imagine what you would require if you had no way to go to a store or the stores were depleted of stock (three days of foods are available at most supermarkets and this was tested to the limit in the last North Western USA power outage.

This list can be worked on as you go, you will think of all types of goodies that you feel are a good

addition to your storage. Anything packed in cans or glass jars will store for a number of years if stored in a cool dry containment.

It is not advised for you to purchase ground flours as they only have a 6-week shelf life and will not rise after that period so whole grains advised. Whole grains can also be planted as seed stock and can be sprouted for green food. Wheat has most amino acids and is a very good source of protein. You will loose that potential if you purchase ground varieties.

Vitamin C is depleted in stored foods, consider

purchasing concentrated berry fruit liquid from local health food stores.

PLEASE BE AWARE THAT YOUR BODY WILL NOT SURVIVE WITHOUT SOME SALT.

UNLESS YOU BAKE YOUR OWN BREADS THERE IS NO WAY TO ALLOW THE YEAST TO RISE WITHOUT SUGAR --- SUGAR IS A NATURAL PRODUCT – IT IS A PLANT --- TOO MUCH OF ANYTHING IS NOT A GOOD DIET, BUT USING SUGAR WILL HELP IN MANY WAYS ---

THINK ABOUT IT.

Everyone eats sugars and salts. All Pre prepared breads and pre packaged foods have salt and sugar added, consider what a fabulous bartering tool these items will be.

ALL DRIED FOODS NEED TO BE RE PACKED AND STORED WITH A

“Food Saver”

We hope this assists you in gathering your food storage

against an uncertain future.