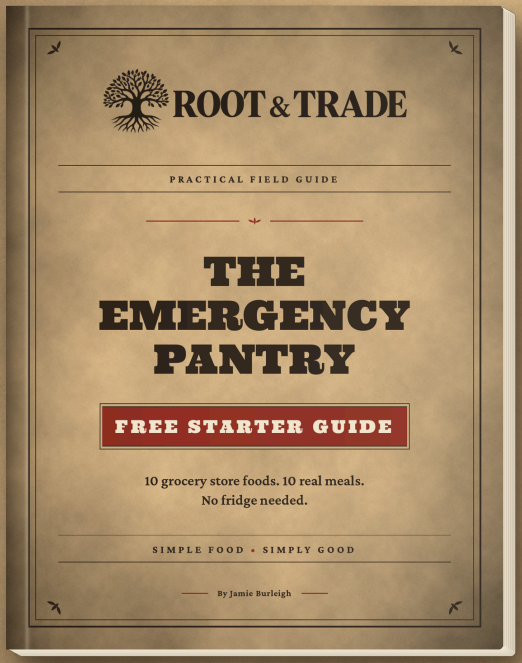
ROOT & TRADE

PRACTICAL FIELD GUIDE



THE EMERGENCY PANTRY

FREE STARTER GUIDE

10 grocery store foods.
10 real meals. No fridge needed.

- ☑ The Top 10 pantry foods
- ☑ One small shopping list
- ☑ 10 easy entrées
- ☑ No-power, no-cook meals

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SIMPLE FOOD • SIMPLY GOOD

By Jamie Burleigh

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THE EMERGENCY PANTRY

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This guide is for personal use. It shares simple food planning ideas and is not medical or nutrition advice. Check the dates and directions on every package, watch for food allergies, and talk to your doctor if you have health needs, are pregnant, or are planning for children.

Storage times in this guide are for best quality at room temperature (about 70°F). Cooler, drier storage helps food last longer. When in doubt, throw it out.

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A Little Note From Me

With everything going on in the world, a lot of folks are worried. And we're hearing more and more about keeping a few weeks of food and supplies on hand.

I'm not new to the prepping lifestyle. But I also know you don't need to spend a fortune or buy a bunch of fancy survival food to get started.

So I sat down and worked through the shopping list, the servings, and what you can make with what you buy. Then I put it all together in one simple guide.

Whether you're stocking up for an emergency, stretching your grocery money, or just wanting a little extra food put away, this gives you a place to start. No scare tactics. No complicated plans. Just practical information and simple steps.

Here you go. — jb

HOW TO USE THIS GUIDE: SHOP. STORE. SERVE.

1. **Shop.** Learn the Top 10 foods and take the one small list to the store. *(Chapters 1–2)*
2. **Store.** Put it away right and make it stretch when times are tight. *(Chapters 3–5)*
3. **Serve.** Cook a real meal, or grab a no-cook plate when the power's out. *(Chapters 6–7)*

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The Top 10 Pantry

These ten earn their spot. They're cheap, filling, easy to find, and they keep without a refrigerator. Every recipe in this guide comes from this list.

	FOOD	WHY IT'S HERE	KEEPS ABOUT*
1	**White rice**	The backbone. Filling and goes with everything.	1–2 years
2	**Beans (canned or dry)**	Protein and fiber. Canned is fastest to cook.	Canned 2–5 yrs Dry ~1 year
3	**Canned chicken**	Real meat, no hunting. Already cooked.	2–5 years
4	**Canned tuna**	Cheap protein in a small can.	2–5 years
5	**Dry pasta**	Quick, filling, and everyone eats it.	1–2 years
6	**Canned tomatoes**	Sauce, chili, and flavor in one can.	12–18 months
7	**Canned vegetables**	Corn, peas, green beans, mixed. Your greens.	2–5 years
8	**Instant mashed potatoes**	A side, a thickener, and a binder.	6–12 months
9	**Rolled oats**	Breakfast, and it holds patties together.	6–12 months
10	**Peanut butter**	Protein and calories in a spoonful.	Unopened 6–12 mo Opened 2–3 mo

*Best-quality times at room temperature, from USDA and university extension guidance. Food is often still safe after these dates, but taste and texture slowly drop. Always check the date on the package.

THE FLAVOR SHELF

Seven small items turn plain food into a meal: **salt, black pepper, bouillon cubes, vegetable oil, garlic powder, onion powder,** and **chili powder**. Bouillon and spices keep about 2 years. Oil keeps about 6 months unopened, so use it and replace it. And buy the brands you already like. A pantry only works if you'll eat what's in it.

Your One Small Shopping List

This one list makes all 10 recipes one time. That's 20 meal servings, about three weeks of dinners for one person.

BUY	AMOUNT
White rice	1 bag (2 lb)
Beans	4 cans (15 oz), black or pinto
Canned chicken	4 cans (12.5 oz)
Canned tuna	2 cans (5 oz)
Dry pasta	1 lb spaghetti + 1 lb elbow macaroni
Canned tomatoes	2 cans diced (14.5 oz) + 1 can tomato sauce (15 oz)
Canned vegetables	2 mixed, 2 corn, 1 peas, 1 green beans (15 oz each)
Instant mashed potatoes	1 box
Rolled oats	1 small canister
Peanut butter	1 jar (16 oz)
Flavor shelf	Salt, pepper, bouillon cubes, vegetable oil, garlic powder, onion powder, chili powder

WANT MORE? JUST REPEAT THE LIST

1. **Buy it 3 times** and you have 60 servings, about two months of dinners for one person.
2. **Buy one round each payday** so it never hits your wallet all at once.
3. **Keep the leftovers.** Extra rice, pasta, and oats go into the next round.

> **ROOT & TRADE TIP**
>
> Take this page to the store. Check off what you already have at home first, and only buy what's missing.

Store It Right

Good storage is what turns a shopping trip into a real pantry. It doesn't take much, just a little care.

1. **Pick a cool, dry, dark spot.** A closet or cupboard works. Keep it away from the stove, heaters, and sunny windows. Hot garages and damp basements shorten shelf life.
2. **Use airtight containers.** Move rice, pasta, and oats into sealed jars or bins. It keeps out bugs and moisture.
3. **Write the date on everything.** A marker on the lid is all you need.
4. **New in back, old in front.** Put new groceries behind the old ones so you always use the oldest first.
5. **Check your cans.** Throw out any can that is bulging, leaking, rusty, or badly dented, especially on the seams.
6. **Keep food off the floor** and away from cleaners and chemicals.
7. **Check your pantry once a month.** Look for bugs, damaged packages, and anything that smells or looks off.

> **ROOT & TRADE TIP**
>
> No fridge? Open only what you'll eat at one meal. If you can't keep leftovers cold, don't save them.

Make It Stretch

When times get tight, a little planning makes your food last longer without going hungry.

WATER COMES FIRST

Store at least one gallon of water per person, per day, for drinking and cooking. Aim for several days at least, and two weeks if you can. Never ration water. Drink what you need today and look for more tomorrow.

1. **Eat in the right order.** Fridge food first, then the freezer, then the pantry.
2. **Plan by the week.** Pick 7 entrées from this guide and write them down. You'll waste less and worry less.
3. **Stretch with rice, pasta, and oats.** Serve chili over rice. Add a second can of beans. Oats make a filling breakfast.
4. **Go easy on salt when water is low.** Salty food makes you thirsty.
5. **Healthy adults can get by on less food for a while.** Children, pregnant women, older folks, and anyone with health needs should keep eating normally.
6. **Keep a simple log.** Write down what you used each day so you know how long your shelf will last.

ROOT & TRADE TIP

One can of chicken feeds two people in every recipe here. Knowing that makes planning easy.

The 10-Item Kitchen Survival Kit

Food doesn't help if you can't open it, heat it, or eat it. Keep these ten things together in one bin.

1. **Manual can opener**
   Keep two. They're cheap, and everything here is canned.
2. **Camp stove + extra fuel**
   For when the power is out.
3. **Lighter and matches**
   Keep them dry in a zip bag.
4. **Medium pot with a lid**
   3 to 4 quarts. Rice, pasta, and chili.
5. **Skillet**
   10 to 12 inches. Patties, cakes, and shepherd's pie.
6. **Wooden spoon and spatula**
   For stirring and flipping.
7. **Measuring cup and spoons**
   So the recipes come out right.
8. **Knife and small cutting board**
   For opening bags and simple prep.
9. **Plates, bowls, and forks**
   Reusable, or paper if water is short.
10. **Water jugs**
    Enough for drinking and cooking.

SAFETY FIRST

Never use a camp stove, grill, or charcoal indoors or in a garage. They give off carbon monoxide, which can kill. Cook outside, in open air.

ROOT & TRADE TIP

Add dish soap, paper towels, and foil if you have room. Small things make hard days easier.

10 Entrées for Troubled Times

Real meals from your Top 10 Pantry. Each one serves two, uses one pot or pan, and is ready in about 25 minutes or less.

USING DRY BEANS?

Canned beans are already cooked. Dry beans are not. Sort, rinse, soak, and boil them until fully tender before using them in any recipe. About 1½ cups cooked dry beans equals one 15-oz can.

1. Chicken & Rice Skillet

SERVES 2 · ABOUT 25 MINUTES · RICE, CHICKEN, VEGETABLES

YOU'LL NEED

- 1 cup white rice
- 2 cups water
- 1 bouillon cube
- 1 can (12.5 oz) chicken, drained
- 1 can (15 oz) mixed vegetables, drained
- ½ tsp garlic powder
- Pepper to taste

MAKE IT

1. Bring the water and bouillon cube to a boil.
2. Stir in the rice. Cover, turn the heat to low, and cook 18–20 minutes.
3. Stir in the chicken, vegetables, and garlic powder.
4. Cover and heat 5 minutes. Season with pepper.

One pot, one pan to wash. This is the meal I'd make first.

2. Red Beans & Rice

SERVES 2 · ABOUT 25 MINUTES · RICE, BEANS, TOMATOES

YOU'LL NEED

- 1 cup white rice + 2 cups water
- 1 can (15 oz) beans, drained
- 1 can (14.5 oz) diced tomatoes
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- Pinch of salt

MAKE IT

1. Cook the rice: boil the water, add rice and a pinch of salt, cover, and cook on low 18–20 minutes.
2. In a second pan, add beans, tomatoes, and spices.
3. Simmer 10 minutes, stirring now and then.
4. Spoon the beans over the rice.

3. Creamy Tuna Noodles

SERVES 2 · ABOUT 20 MINUTES · PASTA, TUNA, VEGETABLES, POTATOES

YOU'LL NEED

- 2 cups (8 oz) elbow macaroni
- 1 can (5 oz) tuna, drained
- 1 can (15 oz) peas, drained
- 1 cup hot water + 1 bouillon cube
- ½ cup instant potato flakes
- 1 tbsp vegetable oil
- Pepper to taste

MAKE IT

1. Boil the macaroni about 8 minutes until tender. Drain and set aside.
2. In the same pot, heat the water and bouillon until dissolved.
3. Whisk in the potato flakes and oil to make a creamy sauce.
4. Stir in the pasta, tuna, and peas. Heat through and season with pepper.

The potato flakes make the cream sauce. No milk needed.

4. Chicken Spaghetti

SERVES 2 · ABOUT 20 MINUTES · PASTA, CHICKEN, TOMATOES

YOU'LL NEED

- 8 oz spaghetti
- 1 can (15 oz) tomato sauce
- 1 can (12.5 oz) chicken, drained
- ½ tsp garlic powder
- ½ tsp onion powder
- Pepper to taste

MAKE IT

1. Cook the spaghetti according to the package. Drain.
2. In a pan, warm the tomato sauce, chicken, and spices for 5 minutes.
3. Toss with the spaghetti and serve.

5. Pantry Chili

SERVES 2–3 · ABOUT 25 MINUTES · BEANS, TOMATOES, CORN

YOU'LL NEED

- 2 cans (15 oz) beans, drained
- 1 can (14.5 oz) diced tomatoes
- 1 can (15 oz) corn, drained
- 1 cup water
- 1 tbsp chili powder
- ½ tsp garlic powder
- Salt to taste

MAKE IT

1. Add everything to a pot and stir.
2. Bring to a simmer, then turn the heat down.
3. Simmer 15–20 minutes, stirring now and then, until thick.

Serve it over rice to stretch it into three or four bowls.

6. Skillet Shepherd's Pie

SERVES 2 · ABOUT 20 MINUTES · CHICKEN, VEGETABLES, POTATOES

YOU'LL NEED

- 1 can (12.5 oz) chicken, drained
- 1 can (15 oz) mixed vegetables, drained
- 1 cup water + 1 bouillon cube
- 2 tbsp instant potato flakes (for the gravy)
- Instant mashed potatoes for 2, made with water
- 1 tbsp vegetable oil

MAKE IT

1. Make the mashed potatoes using the package amounts. Use water in place of milk and oil in place of butter.
2. In a skillet, heat the water and bouillon. Whisk in 2 tbsp potato flakes to make a gravy.
3. Stir in the chicken and vegetables. Heat 3 minutes.
4. Spoon the mashed potatoes on top. Cover 3 minutes and serve.

7. Tuna Cakes

SERVES 2 (4 CAKES) · ABOUT 20 MINUTES · TUNA, POTATOES

YOU'LL NEED

- 1 can (5 oz) tuna, drained well
- ¾ cup instant potato flakes
- ½ cup hot water
- ¼ tsp garlic powder
- Pepper to taste
- 2 tbsp vegetable oil

MAKE IT

1. Stir the potato flakes into the hot water. Let sit 2 minutes.
2. Mix in the tuna, garlic powder, and pepper.
3. Shape into 4 small patties.
4. Fry in the oil over medium heat, 3–4 minutes a side, until golden.

Serve with a can of green beans or corn on the side.

8. Chicken & Corn Chowder

SERVES 2 · ABOUT 15 MINUTES · CHICKEN, CORN, POTATOES

YOU'LL NEED

- 1 can (12.5 oz) chicken, with its liquid
- 1 can (15 oz) corn, with its liquid
- 2 cups water
- 1 bouillon cube
- ⅔ cup instant potato flakes
- Pepper to taste

MAKE IT

1. Bring the water, bouillon, and corn to a simmer.
2. Stir in the chicken.
3. Slowly whisk in the potato flakes until thick.
4. Simmer 2 minutes and season with pepper.

Add more flakes for a thicker chowder, more water for a thinner one.

9. Peanut Butter Noodles

SERVES 2 · ABOUT 15 MINUTES · PASTA, PEANUT BUTTER, VEGETABLES

YOU'LL NEED

- 8 oz spaghetti
- 3 tbsp peanut butter
- ½ cup hot pasta water
- ½ bouillon cube
- ¼ tsp garlic powder
- Pinch of chili powder
- 1 can (15 oz) green beans, drained

MAKE IT

1. Cook the spaghetti. Before draining, save ½ cup of the hot water.
2. Dissolve the bouillon in the saved water. Whisk in the peanut butter and spices.
3. Toss the noodles and green beans in the sauce. Serve warm.

Skip this one if anyone in your home has a peanut allergy.

10. Bean & Oat Patties

SERVES 2 (4 PATTIES) · ABOUT 20 MINUTES · BEANS, OATS

YOU'LL NEED

- 1 can (15 oz) beans, drained
- ½ cup rolled oats
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp chili powder
- Pinch of salt
- 2 tbsp vegetable oil

MAKE IT

1. Mash the beans with a fork until mostly smooth.
2. Mix in the oats and spices. Let sit 5 minutes.
3. Shape into 4 patties.
4. Fry in the oil over medium heat, about 4 minutes a side.

Serve with rice, corn, or tucked in a tortilla if you have one.

ROOT & TRADE TIP

Make each recipe once when times are good. You'll learn what you like, and when times are hard, cooking will feel normal.

No Power? No-Cook Meals

Some days you can't cook. Store-bought canned foods are already cooked and safe to eat right from the can. Here's what works cold, and what doesn't.

READY TO EAT, NO HEAT	STILL NEEDS COOKING
Canned chicken, canned tuna, canned beans, canned vegetables, canned tomatoes, peanut butter	Dry rice, dry pasta, dry beans, and instant potatoes (they need hot water)

THREE NO-COOK PLATES

1. **Chicken, bean & corn bowl.** 1 can chicken, 1 can beans, and 1 can corn, all drained. Stir in a spoon of oil, a pinch of garlic powder, and pepper. Serves 2.
2. **Tuna & bean salad.** 1 can tuna and 1 can beans, drained. Add a spoon of oil, garlic powder, and pepper. Serves 2.
3. **Peanut butter oat bites.** Mix ½ cup peanut butter with 1 cup rolled oats and a pinch of salt. Roll into small balls. Makes about 12.

KEEP IT SAFE

Wash or wipe your hands and the can opener first. Use a clean spoon. Toss any can that's bulging, leaking, or badly dented, and throw out leftovers you can't keep cold.

ROOT & TRADE TIP

Keep a few drinking-water jugs and these no-cook plates in mind for power outages. A cold meal beats no meal.

Final Checklist

- [ ] I know my Top 10 pantry foods
- [ ] My flavor shelf is stocked
- [ ] I bought round one of my shopping list
- [ ] My dry goods are sealed and dated
- [ ] I have water stored, one gallon per person per day
- [ ] I wrote a 7-meal plan
- [ ] My 10-item kitchen kit is in one bin
- [ ] I've cooked at least one recipe from this guide
- [ ] I know my no-cook meals for power outages
- [ ] I picked my next restock day

ROOT & TRADE TIP

Ten checks means you're further along than most folks. Keep going, one list at a time.

You're Ready.

Start with one shelf and one good meal. Cook each food once before you depend on it. Check your pantry from time to time. That's how a pile of groceries becomes a pantry that works.

You don't need to be a hunter or a homesteader to take care of your family. You just need good food, a little planning, and the habit of using what you store.

Store what you eat. Eat what you store.

— jb

READY FOR THE FULL PANTRY?

The $350 Emergency Pantry picks up where this guide leaves off. One food budget, one shopping list, measured single-person portions, a 30-day menu, and printable trackers. Shop. Store. Serve.

And join the **Root & Trade newsletter** for more simple prepping tips, right to your inbox.

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THE FULL GUIDE

THE $350 EMERGENCY PANTRY

One shopping list. Six months of good food.
Zero overwhelm.

- ☑ **About 6 months of meals** for one person, or 30 days for a family of six
- ☑ **One simple $350 shopping list** from the grocery store
- ☑ **Good food, good selection.** Real meals you'll want to eat
- ☑ **Zero overwhelm.** Shop. Store. Serve.
- ☑ **Peace of mind** sitting right on your shelf

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