



The Emergency Pantry

In case of emergency, it is important to have shelf-stable foods on hand which can be eaten cold or hot. Be sure to use these up by their best-before dates and rotate or replace stock regularly. Contents of a can or jar not consumed immediately after opening must be discarded. This is very important to prevent food poisoning in the event that there is no access to a refrigerator.

Key Emergency Pantry Items:

- Canned fruits (pineapple, pears, oranges, peaches)
- Canned vegetables (tomatoes, corn, peas, mixed vegetables)
- Canned beans (chickpeas, kidney beans, black beans, baked beans)
- Canned fish (tuna, salmon, sardines)
- Canned meats (ham, chicken, turkey)
- Canned soups or chili
- Salsa or antipasto
- Jam or jelly
- Applesauce
- Fruit and vegetable juice boxed and cans
- Shelf-stable milk (powdered, canned, tetra packs)
- Packaged infant food and formula
- Read-to-eat cereals
- Crackers
- Cookies
- Shelf-stable tortillas
- Nacho chips
- Granola bars
- Dried fruits (apricots, raisins, cranberries, mangoes, apples)
- Nuts and seeds (almonds, cashews, sunflower seeds, chia seeds, flaxseed)
- Peanut butter, chocolate hazelnut spread and soy butter
- Marshmallows
- Oil
- Vinegar
- Sugar
- Seasonings
- Bottled water
- Manual can opener
- Scissors
- Hand sanitizers
- Paper towels
- Disposable plates, cups, and cutlery

Pantry Meal Ideas:

- Tortillas with refried beans and salsa
- Black beans, corn, oil, vinegar and seasonings
- Chickpeas, tuna, oil, vinegar and seasonings
- Granola bars and nut butter
- Chocolate hazelnut spread on crackers
- Dry cereal, shelf-stable milk, dried fruits, nuts and seeds
- Tortillas with peanut butter and raisins or applesauce and cinnamon

PEANUT BUTTER WRAPS

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|--|------------------------------|
| 1/2 cup peanut butter | 2 cups thinly sliced bananas |
| 4 flour tortillas (8 inch) | 1/4 cup granola |
| 1/4 cup strawberry jam or fruit spread | |

Spread peanut butter evenly over tortillas, leaving a 1/2 inch border. Spread jam over peanut butter and top with bananas. Sprinkle with granola. Tightly roll up each tortilla jelly-roll fashion. Serve immediately or wrap individually and refrigerate for up to 2 hours. *Serves 4.*

TUNA, TOMATO AND WHITE BEAN SALAD

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|--|--|
| 2 tbsp fresh lemon juice | 1/3 cup sliced green onion |
| 1 tbsp white wine vinegar | 3 tbsp chopped fresh parsley |
| 1 tbsp olive oil | 1 can (19 oz/540 mL) white kidney beans, rinsed and drained |
| 1 tsp grated lemon peel | 1 can (170 g) chunk light tuna, drained |
| 1/4 tsp basil, crumbled | Lettuce leaves |
| 1/4 tsp salt | |
| 1/4 tsp freshly ground pepper | |
| 2 cups halved grape or cherry tomatoes | |

To prepare dressing, whisk together first 7 ingredients (lemon juice through pepper) until blended. Combine tomatoes, green onion, parsley, beans and tuna in a bowl. Add dressing and toss to combine. Place lettuce leaves on individual serving plates. Top with salad. *Serves 3 - 4.*

Cook's Note: *To make this recipe completely from your pantry, you could make the following changes:*

- *3 tbsp vinegar and omit lemon juice and lemon peel*
- *Use 1 can (28 oz/796 mL) diced tomatoes, drained, instead of the fresh tomatoes*
- *Use finely chopped onion instead of the green onion*
- *Use dried parsley instead of the fresh parsley*
- *Omit the lettuce leaves*

ATCO Blue Flame Kitchen provides Albertans with reliable answers to everyday household questions including how to set up and maintain an emergency pantry.

**Call 1.877.420.9090 toll-free Monday to Friday 9 a.m. to 4 p.m.
or visit www.atcoblueflamekitchen.com.**