

Food Storage Checklist for College Students

- Wheat or white flour
- Rice bagged or boxed
- Beans bagged or canned
- Gum
- Matches
- Pocket knife
- Beef jerky
- Dried milk
- Cereal
- Soup mixes
- Salt, pepper, other spices of your choice
- Nuts
- Peanut butter
- Honey
- Oil
- Can opener
- Canned items: soups, chili, Tomato, corn, beans, peas, pears, peaches, fruit cocktail, etc.
- Water- needs to be heated properly if not done so already
- Sugar
- Yeast packets
- Granola bars, protein bars
- Pasta
- Biscuit, brownie, muffin, cake, casserole mixes
- Syrup, jams, jellies
- Raisins, cranberries, dried fruit, mangos, etc.
- Canned meat
- Canned tuna
- Canned chicken
- Crackers
- Oatmeal packets
- Stove top stuffing
- Jello, instant pudding

For more information go to:

http://www.healthgoods.com/Education/nutrition_information/Food_Safety_and_Storage/food_storage_guidelines.htm

<http://www.providentliving.org/content/display/0,11666,7498-1-4070-1,00.html>

<http://whatscookingamerica.net/Information/FreezerChart.htm>