

**1 Month Storage bins
(non-perishable cans and boxes)**

(Use for multiple bins or comparative prices)

Stock items	1mth	_____	_____	_____
Nut Butter	2 med	_____	_____	_____
Jelly	2 med	_____	_____	_____
Trail Mix (ind. bags)	2 bag	_____	_____	_____
Refried Bean	2-4 cans	_____	_____	_____
Black/Pinto Bean	2-4 cans	_____	_____	_____
Corn, Peas, bean	2-4 cans	_____	_____	_____
Fruit (cocktail, peaches)	2-4 cans	_____	_____	_____
Diced Tomatoes	2-4 cans	_____	_____	_____
Fire Roasted Tomatoes	2 cans	_____	_____	_____
Tomato Paste	2 cans	_____	_____	_____
Soup/Broth	2-4	_____	_____	_____
Better than bouillon	1-2	_____	_____	_____
Diced Green Chilis	2-4 cans	_____	_____	_____
Black Olives	2-4 cans	_____	_____	_____
Mushrooms	2 cans	_____	_____	_____
Tuna/salmon	2-4 cans	_____	_____	_____
Grapeseed Oil	2 lrg	_____	_____	_____
Olive Oil	1 lrg	_____	_____	_____
Coconut oil	1-2 xlg	_____	_____	_____
Mayo	1lrg	_____	_____	_____
Ketchup	1-2	_____	_____	_____
Mustard	1-2	_____	_____	_____
Pickles/Relish	1	_____	_____	_____
Salad Dressing	2-3	_____	_____	_____
Tamari/Soya sauce	1lrg	_____	_____	_____

Stock items	1mth			
hot sauce	1sm			
Spaghetti noodles	1			
Pasta noodles	1-2			
Brown Rice	1+			
Quinoa/amaranth	1bg			
Dried peas, legumes	1 bg			
Instant Oatmeal/pkt	2 box			
Scots Oats/hot cereal	2			
Soya, nut Milk	4 box			
Coconut cream/milk	4 cans			
Canned boxed milk	4 can/box			
med honey	2 lrg bears			
Chocolate/chips	2 bags			
dried cheese	1 can			
canned milk	2-3 cans			
Juice (lemonade, mango, carrot)	4			
Hot Coco (packets)	3-4 boxes			
Chips (corn/sweet potato)	2-3 bags			
crackers, granola bars,	3-4 boxes			
Dry Cat Food	1-2			
Water bottles	24ct			
Emergency C's	1-2 boxes			
Herbal Tea/Medicinal	2-3 multi			
(tooth paste, soap, lotion)				
Vit C, Probiotics, Echinacea,				
TP, PT's, plates, plasticware				
Salt, Pepper, Basil, Oregano, Cinnamon				