# No-cook pantry planner

Plan three days of familiar meals for your household.

Choose foods that are ready to eat as sold. Check each label for preparation, storage and after-opening instructions.



A meal idea, not a portion guide. Illustration.

**People to plan for:** _____ **Plan date:** _____

**Allergies / ingredient checks**

**Diet / food preferences**

## Three-day meal plan

| Meal | Day 1 | Day 2 | Day 3 |
|---|---|---|---|
| **Breakfast** | | | |
| **Lunch** | | | |
| **Dinner** | | | |
| **Snacks / extras** | | | |

Write the foods and amounts your household will use. This blank planner does not prescribe portions or provide a nutrition or medical plan.

## Other household needs, including pets

# Shopping and pantry check

Count what you have, then write what you need for your meal plan. Enter your own quantities and units; no amounts are prefilled.

| Item and package size or unit | Have (qty) | Need (qty) |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

## Make the food usable

- ☐ Manual can opener people can use
- ☐ Utensils, plates or bowls
- ☐ Labels: ready-to-eat and storage checked
- ☐ Water supply planned separately
- ☐ Hand and surface cleaning supplies
- ☐ Light to find supplies and read labels

## Check, use and replace

Follow package storage instructions and dates; check for damage. Use older stock and replace it, putting newer items behind older ones.

**Checked on:** _____ **Next check:** _____

**Use / replace / label notes**

General planning worksheet. Follow current local emergency instructions. Reviewed November 2, 2026.

Full pantry guide and safety conditions
https://kitauthority.com/preparedness/emergency-pantry-no-cook-food

Red Cross emergency supplies
https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html

USDA shelf-stable foods
https://ask.fsis.usda.gov/article/What-does-shelf-stable-mean

USDA emergency foods
https://ask.fsis.usda.gov/article/What-foods-should-I-keep-in-my-house-for-emergencies