

Natural Disaster Emergency Vegan Food List

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Water (Level 1)

- store-bought bottled water or gallon water jugs

Vegan Canned Goods (Level 2)

- **manual can opener**
- **canned soups**
 - Amy's or Trader Joes Vegetarian Chilli
 - lentil soup
 - vegetable soup
 - split pea soup
- **canned beans**
 - chickpeas
 - lentils
 - white beans
 - black beans
 - red beans
 - [vegan refried beans](#)
- **canned vegetables**
 - corn
 - heart of palm
 - peas
 - green beans
 - artichokes
- banana blossoms
- mushrooms
- Spinach & greens
- **canned fruit (in liquid, NOT syrup where required):**
 - diced tomatoes
 - crushed tomatoes
 - tomato paste
 - tomato sauce
 - olives
 - jackfruit
 - fruit cocktail
 - pineapples
 - peaches
 - pears
- **canned coconut milk**

Boxed/Packaged/Jar Goods

(Level 3)

- **nut butter:**
 - preferably peanut butter because it's the cheapest
 - almond butter
 - cashew butter
 - sunflower seed butter
- **boxed soups:**
 - [Lentil vegetable soup](#)
 - butternut squash soup
 - tomato soup
 - carrot soup
- **boxed shelf friendly plant-based milk:**
 - soy
 - almond
 - coconut
 - oat
 - rice
- Brazil Nuts
- sunflower seeds
- walnuts
- pecans
- hemp seeds
- **cereals:**
 - granola
 - kamut puffs
 - other cereal varieties you enjoy
- **snacks:**
 - tortilla chips
 - potato chips
 - vegetable chips
 - trail mixes,
 - granola bars
 - Crackers
 - popcorn
 - pretzels
 - protein and energy bars (Larabars, Clif, etc)

Dried Goods (Level 4)

- **dried beans:**
 - [shelf friendly tofu](#)
- **nuts and seeds:**
 - almonds
 - cashews
 - pine nuts

Semi-Perishable Foods (Level

5)

- **apples:** (preferably the sour green apples)
- **oranges**
- **un riped avocados:**
- **vegan bakery goods:**
 - muffins
 - cakes
 - SOME bread (limit these items as they are not necessary or optimal for health)

Other

- **supplements:**
 - [green powers](#)
 - [herbal vitamin C](#)
 - vegan vitamin D3
 - elderberry syrup
- **sweeteners:**
 - raisins
 - dates