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## Post: No Cook Vegan Pantry List for Emergencies (and everyday)



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Recommendation

[Being Vegan, Economy.](#)



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### Content

The coronavirus shows how the food supply chain is not always there, and so while this time wasn't so bad, the next could be worse. So this list could help people know what to get for the next emergency to appear, where all that's around is water to reconstitute it - no stove/cookware.

#### Basics:

- water
- vitamin pills (preferably whole food)

#### Breakfast:

- oats
- powder: protein, meal replacement

#### Lunch/Dinner (group together by numbering):

1. potato flakes + nutritional yeast
2. pea flakes + air dried carrot
3. corn grits + dried mushrooms
4. sauce choices: tomato, mustard, or sweet potato powder
5. spices: dried herbs (parsley, cilantro, etc.), curry (turmeric, ginger, etc.)
6. crisp rice

#### Dessert:

- dried fruit (raisins, dates, figs, tamarind, carob, etc.)
- nuts
- drink
  - sweet spices (cinnamon, nutmeg, mace, etc.)
  - tea: mint, flowers (rose, lavender, chamomile, etc.), fruit (orange peel)

### Comments

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