THE RETIRED GROCER

The 90-Day Emergency Pantry Blueprint

A Retired Grocer's Practical System for Building a 30-, 60-, or 90-Day Food Supply Without Panic Buying or Wasting Money



What to Buy. How Much. How to Store It. How to Rotate It.

The 10-Minute Pantry Assessment

Set a timer for ten minutes. Answer in pencil. Redo it every six months.

Date: _____ **Done by:** _____

1. What food do you already have? Days of dinners from the cupboards alone: _____ · with the refrigerator and freezer: _____

2. Who are you feeding? (Factors: page **12**)

Name	Age	Planning-adult factor	Notes (appetite, diet)

Total planning adults: _____

3. How many days are you preparing for? ☐ 7 ☐ 30 ☐ 60 ☐ 90 · Starting from nothing? Choose 7.

4. Can you cook if the power is out? ☐ Gas range that lights with a match ☐ Outdoor camp stove or grill (outdoors only) ☐ Nothing. If nothing: a third of first purchases from Shelf 10.

5. How much water can you store? People ___ × 3 days = ___ gal · × 14 days = ___ gal · Where it will go: _____

6. Dietary restrictions: _____

7. Foods the household refuses to eat (cross them off every list):

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8. Space available: Pantry/closet shelves ___ · Cabinets ___ · Under-bed bins ___ · Freezer: ☐ full ☐ half ☐ little room

What I'll do first:

_____

_____

Shelf-Life Quick Reference

Best quality under cool, dry, dark storage (USDA FoodKeeper and FSIS). These are not safety deadlines. Except for **infant formula**, dates are not safety dates. Heat shortens everything.

Food	Unopened (shelf)	Once opened
Low-acid canned food: meat, fish, beans, vegetables, most soups	2–5 years	3–4 days, refrigerated
High-acid canned food: tomatoes, fruit, juice	12–18 months	5–7 days, refrigerated
White rice · dry pasta	about 2 years	about 1 year
Oats	about 12 months	6–12 months
Ready-to-eat cereal	6–12 months	2–3 months
White flour	6–12 months	6–8 months
Crackers	about 8 months	about 1 month
Dried beans · lentils	1–2 years · about 1 year	about 1 year
Peanut butter	6–24 months	2–3 months
Vegetable or olive oil	6–12 months	3–5 months
Powdered milk	3–5 years cool and dark (as little as 3 months if hot)	about 3 months
Dried fruit	about 6 months	about 1 month
Jam and jelly	6–18 months	6–12 months, refrigerated
Ketchup · mustard	1 year · 1–2 years	6 months · 1 year, refrigerated
Honey · sugar · salt	2 years · indefinitely · indefinitely (kept dry)	same
Leftovers	—	3–4 days refrigerated; 3–4 months frozen

Throw out without tasting: bulging or swollen cans · leaking or spurting cans · deep dents or any sharp dent on a seam · heavy rust or rust inside · cracked jars, loose or bulging lids · foul odors, mold, milky liquid where it should be clear · infant formula past its Use-By date.

Refrigerator 40 °F or below · Freezer 0 °F · Never taste to test.

No-cook meals

For the day there is no heat at all. No stove, no water beyond drinking.

Meal 1 · Tuna and Cracker Plate

Ingredients: 1 can (5 oz) tuna, drained · 1 sleeve crackers · mustard or a spoon of relish if you have it · 1 can fruit

Serves: 2 · **Cook:** none · **Water:** none

Swap: canned chicken, salmon or a tuna pouch for the tuna; tortillas for crackers.

Shelves: 1 Staples · 3 Protein · 5 Fruit · 8 Flavor

Meal 2 · Peanut Butter Roll-Ups

Ingredients: 4 tortillas · 1/2 cup peanut butter · 1/4 cup jam or honey · a handful of raisins

Serves: 2 · **Cook:** none · **Water:** none

Swap: crackers for tortillas; sunflower-seed butter for a peanut allergy.

Shelves: 1 Staples · 3 Protein · 5 Fruit · 8 Flavor

Meal 3 · Chicken, Bean and Corn Salad

Ingredients: 1 can (12.5 oz) chicken · 1 can (15 oz) black beans, drained · 1 can corn, drained · 2 tbsp oil · 1 tbsp vinegar · chili powder or Italian seasoning, salt, pepper

Serves: 4 · **Cook:** none · **Water:** none (save the bean liquid for soup if you can refrigerate it)

Swap: tuna for chicken; any canned bean; salsa in place of oil and vinegar.

Shelves: 3 Protein · 4 Vegetables · 7 Fats · 8 Flavor

Meal 4 · Cereal and Fruit Breakfast

Ingredients: 1 1/2 cups cereal · 1 box (8 oz) shelf-stable milk · 1 fruit cup

Serves: 1 · **Cook:** none · **Water:** none

Swap: powdered milk mixed with safe water; granola bars and applesauce on the go.

Shelves: 2 Breakfast · 5 Fruit · 6 Milk

Meal 5 · Overnight Oats

Ingredients: 1/2 cup quick oats · 1/3 cup powdered milk (makes about 1 cup) · about 3/4 cup safe water · raisins · a pinch of cinnamon and sugar

Serves: 1 · **Cook:** none. Stir in a covered container and let it soften for a few hours, or overnight in a cool place · **Water:** about 3/4 cup

Swap: shelf-stable milk in place of powder and water; applesauce or canned peaches on top.

Shelves: 2 Breakfast · 5 Fruit · 6 Milk · 8 Flavor

Meal 6 · The Grocer's Snack Board

Ingredients: crackers · peanut butter · a handful of nuts · dried fruit · a jerky stick or a tuna pouch · a pudding cup

Serves: 1 to 2 · **Cook:** none · **Water:** none

Swap: anything from Shelf 10. This is the meal for a day nobody feels like eating much.

Shelves: 1 Staples · 3 Protein · 5 Fruit · 9 Comfort · 10 Grab-and-Eat

THAT WAS THE FREE SAMPLE

Ready to build the whole pantry?



You've seen four pages. The full guide is 122 pages and 18 printable worksheets, built so you can start with one week of food and grow to ninety days at your own pace, on a real household budget, without panic buying and without letting food go to waste.

What's in the complete Blueprint

- ✓ Shopping lists for 1, 2 and 4 people, at 7, 30, 60 and 90 days
- ✓ The Ten-Shelf Pantry and 54 shelf tags: what to buy, how it keeps
- ✓ Budget plans for $10, $25 and $50 a week, and what to buy first
- ✓ The rotation system that keeps the oldest food moving to the table
- ✓ 30 emergency meals, including meals for when the power is out
- ✓ Chapters on power outages, water and storing food in small spaces
- ✓ All 18 worksheets, ready to print, plus four bonuses

Get the full 90-Day Pantry Blueprint

Or visit **theretiredgrocer.com**

Instant digital download · 30-day money-back guarantee