



### **Shopping list for “14 Days of Calm”**

*Reminder, there's no need to go out and try to buy this all at once. Start with a few items when you can find them and add a few as time and funds permit.*

**The below list stocks a pantry for 2 people to last 14 days comfortably:**

- **28 cans of vegetables**
- **4 cans/jars of tomato sauce**
- **14 cans of fruit**
- **3 pounds of rice/3 pounds of beans**
- **6 pounds of pasta**
- **1 cannister of quick oats (2lbs 10 ounces)**
- **4-8 cans of chicken or turkey**
- **4-8 cans of tuna or other fish**
- **24-32 ounces of oil**
- **1 pound of peanut butter or nut butter**
- **1 pound of butter/butter alternative**
- **2-3 pounds of coffee**
- **12 quarts or dried or boxed milk**
- **Tea**
- **Salt, pepper, bullion**
- **Drink mixes**
- **Dry soup mixes**
- **Flour, baking soda, baking powder**