

WildReach

Three Day Outage Foods & Consumables

Protein - Beans, peas and lentils:

Tinned kidney beans
Tinned butter beans
Tinned cannellini beans
Tinned borlotti beans
Tinned chickpeas
Dried yellow split peas
Dried red lentils
Dried brown lentils
Dried black beans

Protein - Fish:

Tinned sardines/pilchards
Tinned mackerel
Tinned salmon
Tinned tuna

Protein - Others:

Protein bars
Cashew nuts
Peanuts (peanuts butter)
Dried textured vegetable protein

Milk:

UHT milk
Coconut milk
Dried milk powder

Carbohydrates:

Oatmeal
Cereal bars
Granola breakfast cereal
Pasta
Egg noodles
Brown or Wild Rice
Bulgar wheat
Quinoa
Barley

For bread making:

Strong white and brown flour
Baking powder
Fast action yeast

Dried Fruit in sealed packs:

Apricots
Raisins
Dates

Vegetables:

Tinned tomatoes
Tinned sweet corn
Tinned green beans
Dried mushrooms

Tinned Fruit:

Tinned mandarins
Tinned pears
Tinned peaches
Tinned pineapple

Miscellaneous:

Vegetable stock cubes
Salt & Pepper
Cumin
Paprika
Chilli
Tomato puree
Tinned soups
Cuppa soups
Tinned olives
Mixed herbs
Cider

Others:

Tea bags
Coffee
Sugar
Cooking oil
Water
Juice
Crackers eg. Ryvitas
Biscuits
Chocolate
Seeds for cress and salad

Practical items:

Tin openers
Washing up liquid
Aluminium foil
Cling film
Toilet paper
Shampoo
Liquid laundry detergent
Fire wood
Medicines
Disinfectant