

Shelf-Stable FOODS

The following shelf-stable, nutrient-dense foods will fuel your body well when fresh foods are not available. Check the the nutrition facts label and choose products with no sugar added, and also monitor sodium based on your health needs. This is not an exhaustive list. Use it to guide your shopping choices.

Canned or Pouched Proteins

Vital Choice® Wild Alaskan Salmon, Lower Mercury Tuna	Canned or Pouched Chicken Breast
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Wild Planet® or Season Brand® Wild Alaskan Salmon, Sardines, Anchovies, Tuna
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Clean Meat Jerkies, Sticks or Bars

Nick's Sticks® 100% Grass-Fed Beef Sticks	Wild Zora® Meat and Veggie Bars
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Nick's Sticks® 100% Turkey Sticks	Epic® Bites or Bars
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Paleo Valley® 100% Grass-Fed Beef Sticks	Mighty Organic® 100% Grass-Fed Beef Bars
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Paleo Valley® Pasture-Raised Turkey Sticks	Chomps® Meat Sticks
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Cheese

Moon Cheese®

Fruit Bars

That's It Fruit Bars®

Canned Fruit or Fruit Cups

Packed in water or 100% juice (no added sugar)
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Unsweetened Dried Fruits

No Sugar Added Dried Fruits - apricots, figs, mango, peaches, pears, persimmon, etc. (check ingredients)
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Made in Nature® Dried Fruit	Bare® Fuji Apple Chips
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Sturdy Fresh Fruits That Do Not Require Refrigeration

Apples*	Pears*
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Bananas	Oranges*
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Fresh Vegetables That Do Not Require Refrigeration

Bell Peppers*	Beets*	Cabbage*	Carrots (the big raw ones)*	Garlic
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Onions	Tomatoes	Winter Squash (acorn, butternut, delicata, kabocha, spaghetti)
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Dehydrated Vegetables

Trader Joe's® Crispy Crunchy Broccoli Florets	Bare® Beet Chips	Sun-Dried Tomatoes (in dry pouch or jarred, double check ingredients)
Trader Joe's® Crispy Crunchy Okra	Made in Nature® Kale Chips	
Trader Joe's® Just Beets Dried Beet Chips	Made in Nature® Veggie Pops	

* To extend storage at room temperature, choose produce that has not been previously refrigerated. If stored properly in the fridge, these items will last much longer, up to months.

Healthy Fats

Nuts- pecans, almonds, cashews, Brazil, macadamia, pistachio, walnuts	Avocado
Seeds- sunflower, hemp, chia, flax	Coconut
Nut and Seed Butters- almond, cashew, peanut, sunflower, soy nut	Organic Valley® Ghee (grass-fed)

Milk and Non-Dairy Milks

Hermetically Sealed Boxed Cow's Milk	Coconut (canned or shelf stable boxes)
Hermetically Sealed Boxed Non-Dairy Milk (almond, cashew, hemp, macadamia, oat, rice, etc.)	

Nutrient-Dense Carbohydrates

Dried or Canned Beans	Suzie's® Ready to Eat Quinoa
Dried Lentils	Black, Brown or Wild Rice
Tasty Bite® Heat and Serve Bengal or Bombay Lentil Pouches	Potatoes (any type)
Amaranth, Millet, Quinoa, Sorghum, Teff (or other intact whole grain)	Oats (steel cut or rolled)

Healthier Crackers

Crunchmaster® Nut and Seed Crackers
Wasa® Crackers

Healthy Convenience Bars

Rise® Bars	Lara® Bars	RXBars®
Health Warrior® Pumpkin Seed Superfood Bars		

Protein Powders

Reserveage® Whey Protein (grass-fed)	Designs for Health® Vital Whey (grass-fed)
Well Wisdom Vital Whey® Protein Powder (grass-fed)	Garden of Life® Sport Plant-Based Protein Powder
Vega® Sport Performance Plant-Based Protein Powder	Vital Proteins® Collagen Peptides

Sweet Treats

Made in Nature® Coconut Chips (multiple flavors)	Dark Chocolate (72% or higher)
Made in Nature® Pops	Dark Chocolate Covered Nuts, Seeds or Coffee Beans

Bone Broths

Kettle and Fire® Grass-Fed Beef or Chicken Bone Broth
Kitchen Basics® Chicken or Beef Bone Broth
Pacific® Organic Chicken, Turkey or Beef Bone Broth

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