

# EMERGENCY FOODS

*things to keep in the pantry for  
busy or dark times*





*Emergency food* is an expression that I use to define foods that include little to no cooking and can be stored for a long time (cans, jars and dry foods). They help ensure sufficient energy and nutrient intakes during tough times, like when the fridge is empty, motivation low and/or time short.

- The foods are listed from “least processed and more nutrient dense” to “more processed and less nutrient dense”, they are ranked using **green**, **yellow** and **red** colours. Note that depending on the brand and method of fabrication the ranking can change.
- Due to their nature, *ready to eat* products will tend to include more ingredients and food preservatives. Read the information and compare with similar products, keeping the additives as low as possible. You can also read about their level of toxicity in the [European food additive list](#).
- These downsides don't mean that you shouldn't consume least nutrient dense foods at all, they have their place in a balanced diet. **But do prioritise less processed products in which you can recognise and explain the ingredients.**

## KEEP THINGS HEALTHIER BY MANAGING THE INTAKE OF PRODUCTS THAT CONTAIN:

- Colourings,
- Conservatives such as sulfites and nitrites,
- Excess of sugars in the form of syrups and processed sugars (corn syrup, molasses, dextrose etc), and artificial sweeteners (aspartame, acesulfame potassium, sucralose),
- Artificial trans-fats, present in hydrogenated vegetable oils (= that are semi-solid at room temperature) like margarine, palm oil, soybean oil. *Their presence should be listed in the nutritional value table.*
- Excess of salt (except when due to the processing, like with a brine). Balance your sodium intakes with more neutral ingredients.



# PLANT PROTEINS

## CANNED & JARRED

☐ BEANS (black, kidney, pinto, lupin etc.)

☐ LENTILS

☐ CHICKPEAS

☐ PEAS

## DEHYDRATED

☐ TEXTURED VEGETABLE PROTEIN (from soy)

☐ PROTEIN POWDER (pea, soy, mixed, etc.)

### NOTES:

- The canned variations are usually pre-cooked and stored in brine or a sauce, allowing you to simply reheat or eat them as such!
- All these legumes are also great sources of micronutrients and fibers!
- If you have access to a freezer you can also store tempeh and other tofu products (that will obviously have a higher processing level) and edamame beans.





# ANIMAL PROTEINS

## FISH & SEA SHELLS

### CANNED & JARRED

☐ FATTY FISH (salmon, herring, makrell, sardines, etc.)

☐ SEASHELLS (oysters, mussels, squid, crabmeat, etc.)

☐ OTHER FISH (tuna, trout, cod, anchovy, etc.)

} rich in  
omega 3!

### NOTES:

- If you have a freezer you can get all these products in their frozen state. Products that have been prepared might have been pre-fried (like fish sticks and calamari rings), they won't lose all their nutrients but their calorie count will increase, read the labels!
- Industrial fishing is a major ecological issue, look for brands that have been verified and labeled as sustainable.
- *Despite their awesome nutritional benefits, some fish like swordfish, mackerel and tuna are now high in mercury. Pregnant people, young children and at-risk people should watch their intakes as high levels of mercury can impact neurological development, and increase the risks of function and cardiovascular diseases.*
- *People with hyperthyroidism should be careful not to consume iodine-rich foods (like seashells) in excess.*





# MEATS & POULTRY

## CANNED & JARRED

- ☐ CORNED BEEF
- ☐ CHICKEN (shredded, “ham”)
- ☐ POULTRY SAUSAGES
- ☐ LEVER PATÉ
- ☐ MEAT BALLS (nature and with sauce)
- ☐ CANNED HAM,
- ☐ HOT DOG, VIENNA SAUSAGE, BRADWURST,

## NOTES:

- They are too fresh to be listed but eggs could be part of the list! Fresh eggs can be consumed raw and shelled hard boiled eggs can be kept in the fridge for 5-6 days, so you could boil a lot of them at once and pick what you want when you need it.
- You can also find all types of meats in their dried form, read the packaging to know how it's been processed, and what's the amount of sugar and salt but overall, things like beef jerky can be very good alternatives.
- Animal based protein powders such as whey (from milk) or beef isolate can be used to supplement low protein days (daily deficiencies should be addressed).
- *In terms of quality, industrial canned meats are the worse of all the protein sources listed. I would advise prioritising fish and plant protein over meat and poultry.*





# VEGETABLES

*This list and the next could be very long so here are the most common veggies and fruits you'll find in most Western European shops.*

## CANNED & JARRED

- ☐ TOMATOES (whole, diced, pureed, crushed, etc.)
- ☐ BEETS
- ☐ ARTICHOKE HEARTS
- ☐ GREEN BEANS
- ☐ OLIVES
- ☐ CORN (without added sugar)
- ☐ MUSHROOMS
- ☐ PAPRIKA & PEPPERS
- ☐ SPINACH
- ☐ CARROTS
- ☐ BRUSSELS SPROUTS
- ☐ CABBAGE
- ☐ POTATOES
- ☐ PEAS & CARROTS

*rich in  
vitamin C!*

## NOTES:

- Most vegetables are pre-cooked and stored in brine (salt + water) or vinegar, don't hesitate to rinse the product to get rid of extra salt and increase the original taste of the product.
- If you have access to a freezer, you can buy pre-cut and/or blanched veggies (or cheaper: do it yourself), bag and freeze them.





# FRUITS

## CANNED & JARRED

- ☐ APPLE SAUCE
- ☐ PINEAPPLE
- ☐ PEACHES
- ☐ BERRIES
- ☐ CHERRIES
- ☐ PEARS
- ☐ GRAPES
- ☐ CHESTNUTS
- ☐ FRUITS COCKTAIL

rich in  
anti-  
oxydants!

## DRY TYPES OF FRUITS:

- ☐ RAW DRIED (dates, goji berries,
- ☐ PASTEURISED & DRIED (prunes, figues apricots, etc.)
- ☐ DRIED & OILED (raisins, cranberries, blueberries, etc.)
- ☐ CANDIED (mango, banana, ginger, etc.)

## NOTES:

- Some fresh fruits can be stored at room temperature for longer than a week (bananas, oranges, mandarines etc.).
- While vegetables are stored in brine, fruits are often stored in syrup or juice. Pay attention to the type of sugar used in the process and rinse before eating to get rid of the extra sweetness (if you want to).
- Just like for veggies, you can buy frozen or freeze seasonal fruits for later use!
- Juices can be good sources of vitamins and fibres when consumed with the pulp and as fresh as possible (to have a maximum of nutrients).





# CARBOHYDRATES



*rich in  
fibres!*

## DRY FOODS

- ☐ BREAD / FLAT BREAD / DARK BREAD
- ☐ INSTANT OATMEAL / MUESLI
- ☐ DRIED FRUITS / NUTS
- ☐ HONEY / MAPLE, STEVIA, AGAVE SYRUPS
- ☐ GRANOLA
- ☐ WRAPS (corn, wheat, etc.)
- ☐ SUGARS (cane, beet, coconut, etc.)
- ☐ CEREAL BARS / ENERGY BARS
- ☐ CRACKERS / PUFFED RICE, CORN CAKES
- ☐ POTATO PUREE (from flakes or dehydrated)
- ☐ CANDIES / CHOCOLATE BARS
- ☐ CRISPS

## DRINKS

- ☐ JUICES / SMOOTHIES
- ☐ SPORTS DRINKS
- ☐ SODA / ENERGY DRINKS

### NOTES:

- Seeds, nuts, dried fruits, beans and fruits (canned and fresh) are also sources of carbohydrates and fibres!



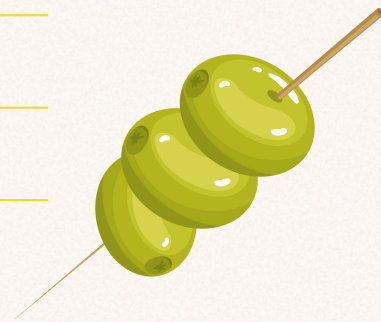
# LIPIDS

## OILS & BUTTER

- ☐ EXTRA VIRGIN OLIVE, WALNUT, AVOCADO OIL
- ☐ NUT BUTTER
- ☐ SESAME OIL
- ☐ COCONUT OIL
- ☐ DAIRY CREAM / COCONUT MILK
- ☐ BUTTER

## FOODS

- ☐ OLIVES
- ☐ AVOCADO
- ☐ NUTS (cashew, pistachios, almonds, brazil, peanuts, etc.)
- ☐ FATTY FISH
- ☐ SPREAD / SAUCES (pesto, mayo, hummus, etc.)
- ☐ CHEESE
- ☐ INDUSTRIAL CANDY BARS, CRISPS, CAKES



*rich in  
fibres &  
antioxydants!*

## NOTES:

- Ultra-processed and industrial foods (like cakes or sausages) usually contain partially- and/or fully hydrogenated vegetable oils. These fats are known as trans-fats or trans fatty acids, they are the “bad” kind and should be avoided or consumed as little as possible.
- The “good fats” are monounsaturated and polyunsaturated fats, found in olive oils, peanut oil, avocado, some nuts and seeds for the mono- and fatty fish, walnuts, canola oil, sunflower oil, tofu, some nuts and seeds for the poly-.
- In the “middle” you’ll find saturated fats, that should be consumed in moderation. They are found in red meat, whole milk, cheese and coconut oil.



# PREPARED MEALS

## CANNED, JARRED & FROZEN

- ☐ CHILI
- ☐ VEGETABLE PREPARATIONS (ratatouille, mix couscous)
- ☐ CASSOULET
- ☐ VEGETABLE STEWS
- ☐ MEAT STEWS
- ☐ SOUPS
- ☐ RAVIOLIS / PASTA IN SAUCE / INSTANT NOODLES
- ☐ LENTILS & SAUSAGES (petit salé)
- ☐ DEHYDRATED MEALS
- ☐ SOURKRAUT

### NOTES:

- *The nutritional value of a prepared meal will vary a lot based on the brand and the type of cooking selected. To know what to choose you'll have (once again) to read the ingredient list!*
- Pay especially attention to the meat products, even in the ones that appear simple (like beef raviolis) you can find multiple types of meat (like porc + beef), sugars, texturing and additives.

### EXTRA ADVICE:

*There is nothing as good as a prepared meal that you've cooked yourself.* The best thing you can do to face days of gloom and empty fridge is to prepare ahead, when things are rolling. Use some extra time and energy to make extra portions of your diners, you might need a freezer or to learn to can food, but that will free a lot of headspace for future you.





Got a question?  
Want to know more?  
Let me know!

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