READY AT HOME · VOLUME 11

Pantry & Stockpile

A 30-day food store you rotate

A 30-day food store, built in 8 weeks for €15-20 a week
Batteries, electronics and household items worth stocking
Rotating, preserving and 6 store-cupboard recipes



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1. How much food?

An adult needs roughly 2,000-2,500 kcal a day, more in the cold or doing heavy work. Children need less. This list gives about 30 days for one adult. Multiply it for your household, and buy what you already eat: a store you don't like won't get rotated.

Group	30 days for 1 adult	Tesco examples	Shelf life
Grains & starch	8 kg	Rice, pasta, porridge oats, couscous, crackers, instant mash	1-2 years
Tinned protein	30 tins (about 1 a day)	Tuna, sardines, salmon, corned beef, chicken, mackerel	2-4 years
Beans & pulses	4 kg (or 20 tins)	Baked beans, kidney beans, chickpeas, red lentils	2+ years
Fruit & veg	30 tins	Tomatoes, sweetcorn, peas, carrots, peaches, pineapple	1-2 years
Dairy	8 L long-life milk or 1 kg powder	UHT milk, dried milk, hard cheese (short-term)	6-12 months
Fats	1 L oil + 1 kg peanut butter	Rapeseed/olive oil, peanut butter, nuts	6-12 months
Sugar & treats	2 kg	Sugar, honey, jam, chocolate, biscuits	1-2 years (honey: years)
Flavour	As needed	Stock cubes, salt, pepper, spices, soy sauce, curry paste	1-2 years
Drinks	-	Tea, coffee, hot chocolate, squash	1-2 years
Water	90 L (3 L/day)	See Volume 3	Rotate 6-12 months

Don't forget

- A manual can opener (two!).
- Baby formula and food, pet food, special diets (coeliac, allergies).
- Multivitamins: helpful if the diet is limited for a while.
- Fuel to cook it (Vol 4) and water to rehydrate it (Vol 3).

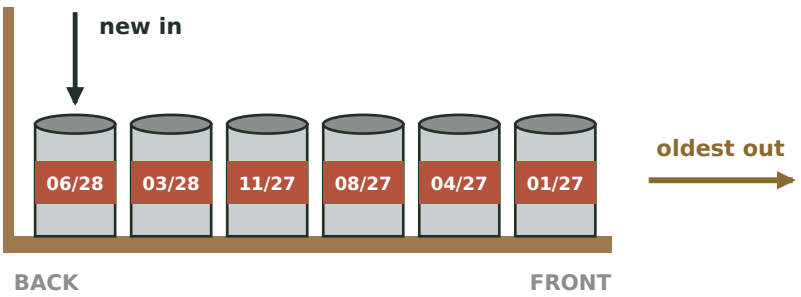
2. Building it without the big bill

Week 1	Water (24 × 2 L bottles), 2 kg rice, 2 kg pasta, 1 kg oats.
Week 2	6 tins tomatoes, 6 tins beans (baked, kidney, chickpeas), 2 jars pasta sauce.
Week 3	6 tins fish (tuna, sardines, salmon), 4 tins meat (corned beef, chicken), peanut butter.
Week 4	Long-life milk (6 L) or milk powder, cereal, crackers, jam, honey.
Week 5	Tinned fruit ×6, tinned veg ×6, instant mash ×3, soup ×6.
Week 6	Oil (1 L), sugar, salt, stock cubes, spices, tea and coffee.
Week 7	Snacks and morale: chocolate, biscuits, nuts, dried fruit, hot chocolate.
Week 8	Gaps: multivitamins, baby/pet food, special diets, gas canisters.

Figure 1. An 8-week build-up, adding about €15-20 to the weekly shop.

3. Storing & rotating





New shopping goes in at the BACK (or the top of a can rack).

Take from the FRONT, so the oldest gets eaten first.

Write the best-before date in large marker on the lid of each tin.

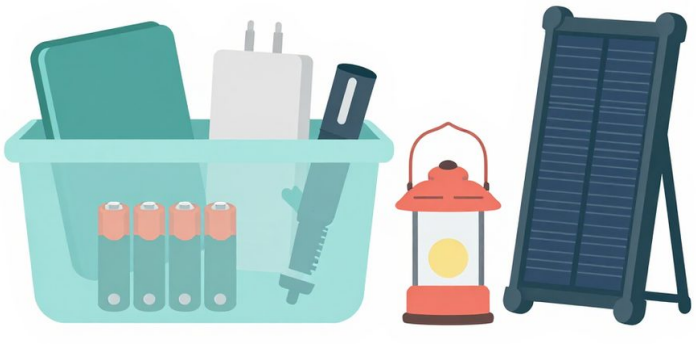
Figure 2. First in, first out.

- Cool, dry and dark: a press, under the stairs, a spare room. Not a damp shed or a hot attic.
- Decant opened dry goods into airtight boxes or jars against mice and pantry moths.
- Check the store every 3 months: move anything near its date to the kitchen.

- Dented tins are usually fine; throw out tins that are bulging, leaking, badly rusted, or spurt when opened.
- Best-before dates are about quality, not safety: tinned and dry food is usually fine past them if the pack is intact. Use-by dates are about safety: don't eat past them.

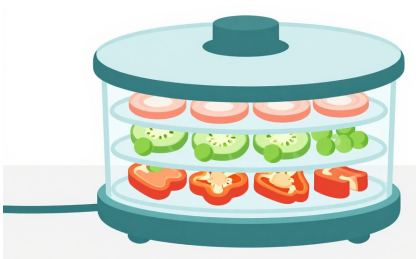
4. Beyond food: what else to stock

Shortages after storms are rarely about food; it's batteries, gas, medicines and the small things that run out. Build these up alongside the pantry.



Category	Stock	Notes
Light	A headtorch per person, 2 LED lanterns, glow sticks	Volume 2
Batteries	AA and AAA: 24 of each (lithium for kits, alkaline or rechargeable for daily use); 9 V for alarms; spare coin cells	Lithium keeps 10-20 years; check alkaline dates
Charging	2-3 power banks (20,000 mAh), a power station if you can (Volume 2), car USB adapter, spare cables	Recharge power banks every 3 months
Radio	Wind-up or battery FM/DAB radio	Volume 9
Cooking fuel	Butane cartridges: 1 per person per 3-4 days, plus spares; matches and lighters	Store upright, cool, out of the house
Heating fuel	Oil tank above a quarter, a few bags of smokeless fuel or seasoned logs	Volume 4
Medicines	Painkillers, rehydration sachets, antihistamines; your regular prescriptions with a small buffer arranged through your GP and pharmacist	Don't stretch doses; see Volume 6
Hygiene	Toilet roll, wet wipes, hand sanitiser, period products, nappies, bin bags, bleach	Bin bags double as toilet liners (Volume 3)
Repairs	Duct tape, cable ties, tarp, pipe repair tape, fuses	Volume 7
Comfort	Tea, coffee, treats, cards and games, a few new books	Morale matters (Volume 13)
Cash	Small notes and coins	Volume 10

5. Preserving food at home



Dehydrating: see Volume 1 for full recipes.



Mylar bags with oxygen absorbers, heat-sealed.



Water-bath canning for jams, pickles and tomatoes.

Method	Good for	Keep in mind
Dehydrating	Fruit, vegetables, lean cooked meat, complete meals	Volume 1 covers it step by step
Mylar + oxygen absorbers	Dried foods, rice, pasta, oats, flour	Only for food with very little moisture and fat; label and date
Water-bath canning	High-acid foods: jams, fruit, pickles, tomatoes with added lemon juice	Use tested recipes, new lids, and processing times for your jar size
Pressure canning	Low-acid foods: vegetables, beans, meat, soups	Needs a proper pressure **canner** with a gauge. A kitchen pressure cooker isn't safe for this: it can't hold the pressure precisely enough to destroy botulism spores
Freezing	Almost anything	Lost in a long power cut (Volume 2)

6. Store-cupboard recipes

Each serves 4 and uses only shelf-stable ingredients, one pot and a camping stove.

Chickpea & tomato curry

Ingredients	Method
• 2 tins chickpeas, drained • 1 tin chopped tomatoes • 1 tin coconut milk (or 4 tbsp milk powder + 300 ml water) • 2 tbsp curry powder • 1 stock cube • 300 g rice	Cook rice. In a second pot, warm the curry powder in 1 tbsp oil for 30 seconds, add tomatoes, coconut milk, crumbled stock cube and chickpeas. Simmer 10 minutes. Serve over rice.

Tuna & sweetcorn pasta

Ingredients	Method
• 400 g pasta • 2 tins tuna • 1 tin sweetcorn, drained • 1 jar pasta sauce • Black pepper	Boil pasta, drain, keeping a cup of water. Stir in sauce, tuna and sweetcorn. Heat through, loosen with pasta water.

Corned beef hash

Ingredients	Method
• 1 tin corned beef, diced • 1 packet instant mash (made up thick) • 1 tin peas or carrots • 1 tsp dried onion (or fresh) • Oil	Make up the mash with a little less water than the pack says. Fry the corned beef in oil until crispy, add the mash and veg, press flat and fry until a crust forms. Turn in sections.

Three-bean chilli

Ingredients	Method
• 1 tin kidney beans • 1 tin baked beans • 1 tin chickpeas or black beans • 1 tin chopped tomatoes • 2 tsp chilli powder, 1 tsp cumin • Rice or crackers	Drain the kidney beans and chickpeas. Put everything in a pot with the spices, simmer 15 minutes. Serve with rice or crackers.

Sardines on crackers & quick salsa

Ingredients	Method
• 2 tins sardines • 1 tin chopped tomatoes, drained • 1 tin sweetcorn • Crackers • Pinch of chilli, salt	No cooking. Mix tomatoes, sweetcorn and seasoning. Pile sardines and salsa on crackers.

Creamy rice pudding

Ingredients	Method
• 200 g pudding or short-grain rice • 1 L long-life milk (or 120 g powder + 1 L water) • 4 tbsp sugar • Tinned fruit or jam to serve	Simmer rice in milk with sugar for 25-30 minutes, stirring often, until thick. Or bring to the boil and haybox for an hour (Vol 4).

Emergency numbers & the series

Service	Number	Use it for
Emergency services	**112 or 999**	Ambulance, Garda, fire, coast guard. Works from any phone, any network.
ESB Networks	1800 372 999	Power cuts, fallen or damaged lines (24/7)
Gas Networks Ireland	1800 20 50 50	Smell of gas (24/7). Call from outside the house.
Uisce Éireann (Irish Water)	1800 278 278	Water outages, burst mains, boil-water notices
HSELive	1800 700 700	Health service information
Public Poisons Line	01 809 2166	Advice if someone has swallowed or touched something harmful (8am-10pm daily)
Samaritans	116 123	Anyone struggling to cope (24/7)
Text About It	Text HELLO to 50808	Free text support (24/7)
Childline	1800 66 66 66	Children and young people up to 18 (24/7)
Your county council	_____	Roads, flooding, local emergency centres
Met Éireann	met.ie / Met Éireann app	Weather warnings

Numbers checked November 2026. Write in your county council's number above, and your own local numbers (GP, out-of-hours doctor, pharmacy, vet, neighbours) in Volume 0.

The Ready At Home series

Vol	Title	What it covers
0	Start Here	Household plan & emergency numbers
1	Just Add Water	Home-dehydrated emergency meals
2	Power Cuts & Storms	Getting through long outages
3	Water & Sanitation	Storing, treating, toilets
4	Cooking & Warmth	Without mains power
5	First Aid	Step-by-step emergency care
6	Symptoms & Home Care	Red flags, minor illness, medicines
7	Home Systems & Repairs	Shut-offs, leaks, storm damage, floods
8	Fire Safety & Security	Alarms, escape plans, extinguishers
9	Communications	Family plan, radios, signals
10	Grab Bags & Kits	72-hour, car, child & pet kits
11	**Pantry & Stockpile**	A 30-day food store you rotate
12	Outdoor Skills	Fire, shelter, knots, navigation
13	Kids, Morale & Wellbeing	Keeping people okay
14	Offline Knowledge & Media	Libraries, maps & media without internet
15	Other Emergencies	Radiation, chemicals, heat, illness, cut off

This series gives general preparedness guidance. It is not a substitute for professional medical, electrical, gas or structural advice, or for a certified first-aid course. In an emergency, call 112 or 999 and follow the call-taker's instructions.

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