Comfort Foods for Your Food Storage

Comfort staples and what they pair with

Each staple is listed with the stored foods it turns into a familiar meal. Use this as talking points when you expand any segment.

Category	Staple	Pairs with	Makes
Dairy	Powdered whole milk	Instant potatoes, pancake mix, oats, cocoa	Mashed potatoes, pancakes, oatmeal, hot cocoa
Dairy	Powdered butter, canned butter, ghee	Rice, pasta, biscuit mix, popcorn	Buttered noodles, biscuits, popcorn
Dairy	Cheese powder	Pasta, canned hamburger, instant potatoes, popcorn	Hamburger mac, cheesy potatoes, mac and cheese
Dairy	Freeze-dried shredded cheese	Tortillas, beans, canned chili, pasta	Quesadillas, chili cheese, baked pasta
Dairy	Sour cream powder	Instant potatoes, taco meals, ranch mix	Loaded potatoes, dip, stroganoff
Dairy	Heavy cream powder	Coffee, canned soups, pasta	Alfredo, cream soups, richer coffee
Eggs	Powdered or freeze-dried eggs	Pancake mix, flour, rice, canned ham	Scrambled eggs, fried rice, baking
Fats	Shortening, oil, lard	Flour, baking powder, canned fruit	Biscuits, pie crust, fried foods
Protein	Canned hamburger, chicken, ham, tuna, Spam	Pasta, rice, cream soups, cheese	Casseroles, chicken and rice, tuna noodle
Protein	Peanut butter (jar or powder)	Crackers, honey, oats, bread	PB&J, snacks, peanut sauce
Flavor	Bouillon, gravy mix, cream	Rice, potatoes, canned	Gravy, pilaf, soups, pot pie filling

Category	Staple	Pairs with	Makes
	soup mixes	meat	
Flavor	Onion and garlic powder, taco and Italian seasoning, ranch mix	Beans, rice, pasta, canned tomatoes	Spaghetti, tacos, chili
Flavor	Hot sauce, ketchup, mustard, soy sauce, salsa	Rice, beans, eggs, canned meat	Fried rice, burgers, burritos
Baking	Flour, yeast, baking powder, cornmeal, vanilla	Powdered milk, eggs, butter, sugar	Bread, cornbread, biscuits, cookies
Baking	Pancake mix and syrup	Powdered milk, powdered eggs	Pancakes, waffles
Sweets	Cocoa, sugar, honey, maple syrup, jam	Powdered milk, oats, flour	Hot cocoa, oatmeal, brownies
Sweets	Freeze-dried fruit, canned fruit	Oats, pancake mix, pudding mix	Cobbler, fruit oatmeal, desserts
Drinks	Instant coffee, tea, drink mixes	Powdered milk, sugar, creamer	Familiar morning routine

Water note: rehydrating powders and freeze-dried foods uses water from your stash, so budget extra for comfort items.

Complete-the-meal builds

The gap is usually one small item: store it beside the bulk food so the meal is complete. These work as on-screen examples or a recurring segment.

You stored	The missing piece	Meal
Canned hamburger + pasta	Cheese powder, powdered milk, butter	Hamburger mac
Canned chicken + rice	Cream of chicken soup mix or bouillon	Chicken and rice

You stored	The missing piece	Meal
Canned chicken + flour	Bouillon, powdered milk, baking powder, shortening	Chicken and dumplings
Instant potatoes	Powdered milk, butter, sour cream powder, gravy mix	Loaded mashed potatoes with gravy
Pasta + canned tomatoes	Italian seasoning, garlic powder, freeze-dried Parmesan	Spaghetti
Canned tuna + egg noodles	Cream of mushroom mix, freeze-dried peas	Tuna noodle casserole
Beans + rice	Taco seasoning, salsa, cheese, tortillas	Burrito bowls or burritos
Canned ham or Spam + rice	Powdered eggs, soy sauce, freeze-dried peas	Fried rice
Flour + baking powder	Powdered milk, shortening, gravy mix, canned sausage	Biscuits and gravy
Canned beef + egg noodles	Sour cream powder, beef bouillon, onion powder	Beef stroganoff
Pancake mix	Powdered eggs, powdered milk, syrup	Pancake breakfast
Oats	Powdered milk, brown sugar, cinnamon, freeze-dried fruit	Fruit and cinnamon oatmeal
Canned chili	Freeze-dried cheese, cornmeal mix, powdered milk	Chili and cornbread
Canned fruit	Biscuit or cake mix, butter, cinnamon	Fruit cobbler

-