

# Preparedness Items from Dollar Stores

Some of the items you buy here are worth a dollar; some are not. But, if you careful, you can really stretch your budget and stock up!

- Water
- Foods you open and eat: peanut butter, crackers, canned meat and veggies, soups
- Snacks and drinks ready to consume
- Drink mixes: instant coffee, flavored drinks, powdered juice
- Manual can opener
- Foods that only need hot water to prepare: ramen noodles, side dishes
- Condiments, powdered coffee creamer, spices
- Stern-type gel in cans to heat water
- Paper plates, cups and plastic ware
- Garbage bags
- Zip-lock bags
- Candles
- Matches
- Lighters
- Flashlights
- Batteries
- Book lights
- Glow Sticks
- Solar lights
- First Aid supplies
- Generic medications
- Reading Glasses
- Hand sanitizer
- Wet wipes
- Dental floss
- Dish towels
- Duct tape
- Shower curtains and plastic table cloths
- Tools: hammer, nails, screw driver, screws
- Cell phone charger
- Sewing kits
- Socks
- Cleaning supplies
- Hats and gloves
- Sun Glasses
- Work gloves
- Rain poncho
- Ear plugs
- Umbrella

Ideas from: From: <https://momwithaprep.com/favorite-preparedness-items-at-dollar-tree/>

And: <http://www.happypreppers.com/99-ways.html>