

EMERGENCY FOOD VEGETARIAN OPTIONS



Alpha Rice
(shelf life - 5 years)



Alpha white Rice
(shelf life - 5 years)



Indo Bazaar

Mother's Aloo Methi 300g

Vegetarian ready to
eat curry.
(shelf life - 1-1.5years)



Plant Based Meat
Curry and rice
(shelf life - 7 years)



Bisai Foods Onishi
Biryani



Seijo Ishii Desica
Organic Quinoa and
Galvanzo Beans Spicy
Curry.

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Canned fruits
(20 can set)
(shelf life - 3 years)



Milk, Storage at
Room Temperature,
(shelf life - 90 days)



LL Heatless Stew
(shelf life - 5 years)



5 types of bread
Total of 25 Cans
(shelf life - 5 years)



4 types of bread
(10 packs)
(shelf life - 7 years)



Vegan noodles
(shelf life - 9 months)

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Calorie Mate Blocks
(shelf life - 1 year)



Protein Bars
total 10 nos, 4 types
(shelf life ~ 6 months)



Biscuits
Individually wrapped
(shelf life - 5.5 years)



Biscuits
6 can set
(shelf life - 5 years)



Water, 500ml x 24
bottles
(shelf life- 7 years)



Water, 2L x 9 bottles
(shelf life- 5 years)

*Disclaimer: This list has been compiled by [ReadyJapan](#) to assist foreign residents in identifying vegetarian emergency food options. While extensive efforts have been made to verify product contents and ensure a comprehensive selection, some items (such as certain breads) may contain egg. Please confirm ingredients and suitability based on your dietary preferences before consumption.