

PANTRY STAPLES LIST



Canned Goods

Spaghetti Sauce
Tomatoes - Diced, Crushed, Puree, Paste
Diced Tomatoes with Green Chilies
Cream of Soups
Vegetables - Green beans, Peas, Carrots, etc.
Fruits - Peaches, Pears, Pineapple, Mixed
Tuna and Salmon
Olives
Mushrooms
Soups/Broths
Peanut Butter

Dry Goods

Brown Rice and White Rice
Beans - Red, Black, Pinto, White
Lentils
Pastas
Barley
Onion soup mix
Bread crumbs
Cereal
Popcorn
Coffee

Refrigerator

Eggs
Yogurt
Sour Cream
Cottage Cheese
Deli meats
Sliced Cheeses
Produce
Creamer
Milk
Juices
Condiments - Ketchup, Mustard, Salad Dressings, Vinegars, Mayo, BBQ Sauce

Baking Necessities

Whole wheat flour
White flour
Sugar - White, Brown, Powdered
Baking Cocoa
Baking Powder
Baking Soda
Salt
Kosher Salt
Oatmeal
Cornmeal
Vanilla
Extracts - Mint, Lemon, Almond
Oils - Olive, Canola, Vegetable
Yeast
Chocolate chips
Dried fruits

Spices

Italian seasonings
Ground Cumin
Chili powder
Garlic powder
Onion powder
Cinnamon
Cream of Tarter
Nutmeg
Ground Ginger
Ground Allspice

Freezer

Chicken - BS Breasts, Thighs, Split, Drumsticks
Beef - Ground, Steak, Roast
Pork - Chops, Roast
Veggies - All varieties
Shredded Cheese
Frozen juices