

PANTRY STAPLES

A WELL-STOCKED PANTRY HELPS YOU CREATE LAST MINUTE MEALS AND SAVES MONEY!

DRIED GOODS:

- BEANS, ALL VARIETIES
- LENTILS
- BROWN & WHITE RICE
- STEEL CUT AND OLD FASHIONED OATMEAL
- WHOLE WHEAT, ALL PURPOSE OR GLUTEN-FREE FLOUR
- BAKING SODA
- BAKING POWDER
- GRANULATED, BROWN AND POWDERED SUGAR
- OLIVE AND CANOLA OILS
- PASTA, ALL SHAPES
- DRIED FRUIT
- BARLEY AND QUINOA

DRIED SEASONINGS:

- BASIL
- THYME
- OREGANO
- ROSEMARY
- CORIANDER
- CUMIN
- GROUND CLOVES
- GROUND CINNAMON
- NUTMEG
- GINGER
- BLACK PEPPER
- KOSHER OR SEA SALT

REFRIGERATOR:

- MILK
- REAL CHEESE
- EGGS
- BUTTER

CONDIMENTS:

- KETCHUP
- DIJON AND YELLOW MUSTARD
- MAYONNAISE
- SALAD DRESSING
- WHITE, APPLE CIDER AND BALSAMIC VINEGAR
- SALSAS
- BBQ SAUCE
- SALSAS
- SOY SAUCE
- WORCESTERSHIRE SAUCE
- HOT SAUCE
- MAPLE SYRUP
- HONEY
- PICKLES
- JAM
- PEANUT BUTTER

FRESH PANTRY ITEMS:

- SWEET, RUSSET AND RED POTATOES
- YELLOW, RED AND WHITE ONIONS
- GARLIC

CANNED GOODS:

- DICED TOMATOES
- TOMATO SAUCE
- PASTA SAUCE
- TUNA
- APPLESAUCE
- CHICKEN OR BEEF STOCK

FREEZER:

- FROZEN VEGETABLES (PEAS, CORN AND SOYBEANS)
- MEATS BOUGHT ON SPECIAL, GROUND BEEF/TURKEY, CHICKEN BREASTS, ETC.
- BERRIES
- FRUIT JUICE CONCENTRATES