

Pantry Staples

Non-refrigerated or frozen at grocery store.

Dry/Canned

- Jelly and preserves
- Peanut butter
- Canned beans
- Grains (rice, quinoa)
- Rice
- Pasta
- Corn meal
- Dry milk
- Broth (chicken, bean, veggie)

Fats, cooking oils

- Olive oil
- Vegetable oils
- Butter
- Margarine
- Salad dressings

Sweeteners

- White sugar
- Brown sugar
- Honey
- Maple syrup

Baking Supplies

- Baking powder
- Baking soda
- White sugar

Brown sugar

- All-purpose flour
- Corn starch
- Whole wheat flour
- Salt
- Vanilla extract

Condiments

- Mustard
- Ketchup
- Mayonnaise
- White vinegar
- Balsamic Vinegar
- Hot sauce
- Soy sauce

Spices

- Basil, dried
- Bay leaves
- Black pepper, ground
- Chili powder
- Cinnamon, ground
- Cumin, ground
- Garlic powder
- Ginger
- Nutmeg, ground
- Onion powder, dried
- Oregano
- Paprika
- Parsley, dried
- Red pepper flakes
- Rosemary, dried
- Sage, ground