

BASIC PANTRY STAPLES

Not sure where to start? Grab these essentials first.

BEANS & GRAINS

Beans/Legumes

- black beans
- navy beans
- pinto beans
- split peas

Oats*

- old fashioned rolled

Pasta*

Popcorn

Rice

- Brown
- White

DRY GOODS

Flours, etc.

- all purpose flour*
- cocoa powder
- cornmeal

Leaveners/Thickeners

- active dry yeast
- baking powder*
- baking soda
- corn starch
- cream of tartar
- gelatin
- pectin

*gluten free, if necessary

**omit for allergies

CANS & JARS

Beans

- black beans
- chickpeas/garbanzo beans
- great northern beans
- refried beans

Broth/bouillon

Fruit

- applesauce
- mandarin oranges
- peaches
- pineapple

Jam/Jelly

Pickles

Tomato Products

- diced tomatoes
- pasta sauce
- tomato sauce

Tuna

Vegetables

- corn
- green beans
- pumpkin puree

HERBS & SPICES

- black pepper
- cinnamon
- chili powder
- garlic powder
- Italian Seasoning
- onion powder
- salt

CONDIMENTS & SAUCES

- hot sauce
- ketchup
- lemon juice
- mayonnaise
- mustard
- salsa
- tamari (soy sauce*)

OILS & VINEGARS

Oils

- canola
- olive

Vinegars

- apple cider
- white

SUGARS

- brown sugar
- granulated sugar
- powdered sugar

THIS & THAT

- dry fruit
- non-dairy milk**
- nuts**
- nut butters**
- seeds**
- shortening

