

PANTRY ESSENTIALS

COOKING ESSENTIALS

- Oil: Olive, vegetable, canola
- Pepper
- Salt
- Vinegar: cider, balsamic, white

BAKING ESSENTIALS

- Baking powder
- Baking soda
- Brown sugar
- Brownie/Cake mix
- Chocolate chips
- Cocoa powder (unsweetened)
- Cornmeal
- Cornstarch
- Cream of tartar
- Evaporated milk
- Flour: all-purpose, bread
- Granulated sugar
- Maple syrup
- Powdered sugar
- Sweetened condensed milk
- Vanilla

PANTRY PRODUCE

- Bananas
- Garlic
- Onions
- Potatoes
- Sweet potatoes
- Tomatoes

RICE AND GRAINS

- Breadcrumbs
- Mac and Cheese
- Pasta/noodles
- Rice (white or brown)
- Tortillas
- Other: Quinoa, polenta

SNACKS AND CEREAL

- Applesauce
- Breakfast cereal
- Chips & pretzels
- Cookies
- Crackers
- Dried fruit
- Granola/Cereal/Protein bars
- Marshmallows
- Nuts
- Oats (old-fashioned or quick)
- Pancake mix
- Peanut butter
- Popcorn
- Protein Bars

BEVERAGES

- Coffee
- Drink Mixes
- Juice
- Tea

SEASONING

- Basil
- Bay leaves
- Cayenne pepper
- Chili powder
- Crushed red pepper
- Cumin
- Garlic powder
- Gravy mix
- Ground cinnamon
- Ground ginger
- Oregano
- Paprika
- Ranch seasoning mix
- Rosemary
- Taco seasoning
- Thyme

CANNED GOODS

- Beans
- Broth or Stock
- Chiles
- Fruit
- Meat (tuna, chicken)
- Olives
- Pasta sauce
- Salsa
- Soup
- Tomato sauce or paste
- Tomatoes: crushed and diced
- Vegetables

REFRIGERATOR ESSENTIALS

FRESH PRODUCE

- Apples
- Avocados
- Bananas
- Beets
- Bell peppers
- Broccoli or cauliflower
- Cabbage
- Carrots
- Celery
- Cilantro
- Flat-leaf parsley
- Green onions
- Leafy greens: spinach, kale
- Lemons
- Lettuce: romaine, mixed greens
- Limes

DAIRY & EGGS

- Butter
- Cheese: Cheddar, Mozzarella
- Cream cheese
- Eggs
- Heavy cream
- Milk
- Parmesan cheese
- Sour cream
- String cheese
- Yogurt

CONDIMENTS

- Barbecue Sauce
- Hot sauce: Tabasco, Sriracha
- Jelly, jam or preserves
- Ketchup
- Mayonnaise
- Minced garlic
- Mustard
- Pickles
- Salad dressing
- Soy Sauce
- Worcestershire sauce

FREEZER ESSENTIALS

MEAT

- Bacon
- Beef: Ground, roast, steaks
- Chicken: whole, boneless pieces
- Ground turkey
- Hot dogs
- Italian sausage
- Pork: Chops, roast, tenderloin

OTHER

- Breads: Sandwich, Rolls, Bagels
- Breakfast (muffins, bagels, sandwiches)
- Dough: pizza, pie puff pastry
- Frozen meals and snacks
- Fruit
- Ice cream
- Muffins
- Pizza
- Vegetables