

Must Have Pantry Staples

STOCK UP AND MAXIMIZE YOUR BUDGET!

COOKING & BAKING INGREDIENTS

- All-Purpose Flour
- Almond Meal
- Baking Soda
- Baking Powder
- Bouillon Cubes
- Boxed Baking Mixes
- Bread Crumbs
- Chocolate Chips
- Cocoa Powder
- Coconut Milk
- Cornmeal
- Cornstarch
- Cream of Tartar
- Dates
- Gelatin (Plain)
- Granulated Sugar
- Honey
- Jello Mix
- Maple Syrup
- Nuts
 - Almonds, Cashews, Peanuts
- Oats
- Oils
 - Avocado Oil, Coconut Oil, Olive Oil, and Vegetable Oil are good starters
- Pie Filling
- Powdered Sugar
- Pudding Mix
- Raisins
- Sweetened Condensed Milk
- Vanilla
- Vinegars
- White Chocolate

SPICES & SEASONINGS

- Black Pepper
- Chili Powder
- Cinnamon
- Cloves
- Cumin
- Curry Powder
- Garlic Powder
- Ground Ginger
- Italian Seasoning
- Onion Powder
- Oregano
- Paprika
- Salt
- Sesame Seeds

CEREALS AND DRY GOODS

- Breakfast Cereal
- Crackers
- Graham Crackers
- Granola
- Marshmallows
- Oatmeal
 - Instant and/or old fashioned
- Pancake Mix
- Popcorn

PASTA

- Penne
- Elbow
- Rigatoni
- Alphabet Pasta
- Jumbo Shells
- Ramen
- Rice Noodles
- Spaghetti
- Vermicelli Noodles

SAUCES & CONDIMENTS

- BBQ Sauce
- Ketchup
- Mayonnaise
- Mustard
- Soy Sauce

EMERGENCY SUPPLIES

- Bottled Water
- Canned Bread
- Instant Mashed Potatoes
- Powdered Milk

ROOT VEGETABLES

- Onions
- Potatoes
- Sweet Potatoes

CANNED GOODS

- Broth
 - Beef, chicken, and vegetable
- Canned Soup
- Fruit
- Canned Beans
- Canned Vegetables
- Pasta Sauce
- Refried Beans
- Canned Tomatoes
- Tomato Paste

DRINKS

- Coffee
- Drink Mixes
- Juice
- Tea
- Wine

GRAINS

- Brown Rice
- Quinoa
- Sushi Rice
- White Rice

PROTEINS

- Canned Chicken
- Canned Tuna
- Canned Lump Crab Meat
- Canned Roast Beef
- Canned Salmon