

Pantry Essentials checklist

Staples

- Peanut butter or almond butter
- Tortillas
- Popcorn kernels
- Dried fruit: raisins, apricots or cherries
- Seeds: sunflower, flax, chia or hemp
- Applesauce
- Breakfast cereal
- Old-fashioned rolled oats
- Oil: Corn or Olive Oil
- Vinegar: White or Apple Cider
- Milk: Shelf stable

Rice and Grains

- Long-grain white rice
- Brown rice
- Quinoa or couscous
- Pasta: standard, whole grain, rice
- noodles or egg noodles
- Polenta
- Breadcrumbs: plain or panko
- Instant Noodles
- Chicken bullion cubes or powder

Freezer

- Peas, carrots
- Broccoli or green beans
- Test
- Peas, carrots
- Broccoli or green beans
- Test
- Peas, carrots
- Broccoli or green beans
- Test

Baking

- Flour: all purpose
- Baking soda
- Baking powder
- Cream of tartar
- Sugar: White and Brown
- Chocolate: chips
- Evaporated milk
- Pure vanilla extract