

flour	beans	coconut	sweetener
sugar	dried fruit	yeast	spaghetti
rice	granola	chocolate	noodles
soda	quinoa	sea salt	meal
powder	lentils	popcorn	walnuts
cocoa	couscous	candy	almonds
salt	crumbs	sweets	pecans
pepper	coffee	starch	sprinkler
cereal	tea	nuts	raisins
oatmeal	grain	seeds	oats
chips	snacks	grits	peas
pasta	packets	cornmeal	mix
crackers	sauces	panko	cookies
smiles	sanity	emergencies	survival kit
WHITE flour	PANCAKE mix	GLUTEN FREE flour	sweetener SPLENDA
POWDERED sugar	PROTEIN powder	pepper CORN	MOM'S survival kit