

# Pantry Staples

## short-term food storage



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### Baking

- Flour: bread/all-purpose
- Alternative flours: almond, coconut, kamut
- Oats
- Sugar, granulated
- Brown sugar
- Powdered sugar
- Baking powder
- Baking soda
- Cocoa powder
- Vanilla extract
- Almond extract
- Instant dry yeast
- Corn starch
- Oil (for baking)
- Honey
- Maple syrup
- Ghee, clarified butter
- Apple sauce
- Crisco/shortening
- Chocolate chips
- Marshmallows
- Shredded coconut
- Sweetened condensed milk
- Evaporated milk
- Coconut milk (liquid boxed)
- Canned coconut milk
- Pancake mix
- Brownie & cookie mix

### Grians/Starches

- Cereal
- Oatmeal
- White rice
- Brown rice
- Pasta
- Quinoa
- Flaxseeds
- Chia seeds
- Bread crumbs

### Canned/Bottled

- Canned fruit
- Canned vegetables
- Canned meats: chicken, fish, etc
- Broths: chicken, beef, vegetable
- Tomato: sauce, paste, diced
- Salsa
- Enchilada sauce
- Spaghetti sauce
- Marinara sauce
- Pickles
- Artichokes
- Olives
- Syrup



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## Proteins

- Canned chicken
- Canned tuna/salmon
- Protein powder
- Collagen powder

## Beans/Legumes

- Black beans
- Kidney beans
- White beans
- Pinto beans
- Chickpeas
- Lentils

## Oils/Vinegar

- Olive oils
- Vegetable oil
- Avocado oil
- Coconut oil
- MCT oil
- Sesame seed oil
- Olive/Avocado oil cooking spray
- White vinegar
- Red-wine vinegar
- Apple cider vinegar
- Balsamic vinegar

## Spices/Herbs

- Salt/sea salt
- Pepper/Peppercorns
- Garlic powder/garlic salt
- Onion powder
- Cinnamon
- Cloves
- Nutmeg
- Thyme
- Bay leaves
- Basil
- Dill seed
- Oregano
- Dried mustard powder
- Ground ginger
- Crush red pepper
- Curry powder
- Turmeric
- Cumin
- Paprika
- Cayenne pepper
- Steak seasoning
- Lemon pepper
- Taco seasoning
- Lemon/lime juice
- Bouillon: chicken/beef



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## Nuts/Nut Butter

- Peanut butter
- Peanut butter powder
- Almond butter
- Cashews
- Almonds
- Walnuts
- Peanuts
- Macadamia nuts
- Pistachios

## Condiments

- Jams/jellies
- Ketchup
- Mustard
- Dijon mustard
- Dressing mixes
- Salad dressing
- Mayonaise
- Miracle whip
- Hot sauce
- Worcestershire sauce
- Coconut aminos
- Soy sauce

## Snacks

- Crackers
- Granola
- Granola bars
- Pretzels
- Fruit leather
- Popcorn
- Raisins
- Dried cranberries

**Maintaining a well-stocked pantry (or cupboards) will help you to eat out less and save money on your grocery bill. Scan the QR code below to learn more!**

