

A Well Stocked Pantry | Pantry Staples

- ☐ Pasta
- ☐ Rice
- ☐ Crackers - Graham crackers, Triscuits, Ritz
- ☐ Almonds
- ☐ Granola
- ☐ Oats - Quick and Old Fashioned
- ☐ Cereal
- ☐ Peanut butter
- ☐ Canned tomatoes - Petite diced and crushed tomatoes (both in 28 oz and 15 oz cans)
- ☐ Tomato sauce and tomato paste
- ☐ Spaghetti sauce
- ☐ Canned vegetables - Mainly corn and green beans
- ☐ Canned beans - Black, pinto, kidney, etc.
- ☐ Canned fruits - Peaches and pineapple
- ☐ Canned soups - Cream of chicken and tomato
- ☐ Refried beans
- ☐ Enchilada sauce
- ☐ Syrup
- ☐ Olives - Black and green
- ☐ Macaroni and cheese
- ☐ Canned pumpkin
- ☐ Applesauce - Unsweetened jars, cups and pouches
- ☐ Chips - Tortilla chips and potato chips
- ☐ Tortillas
- ☐ Popcorn

A Well Stocked Fridge | Fridge Staples

- ☐ Milk
- ☐ Butter
- ☐ Cheese
- ☐ Cream cheese
- ☐ Parmesan cheese
- ☐ Sour cream
- ☐ Yogurt
- ☐ Eggs
- ☐ Semi-Sweet Chocolate Chips
- ☐ Condiments - Ketchup, mustard, salad dressing, salsa, pickles, mayo, jam, etc.
- ☐ Pure maple syrup

A Well Stocked Pantry | Baking Staples

- ☐ Flour
- ☐ Sugar
- ☐ Brown sugar
- ☐ Powdered sugar
- ☐ Yeast
- ☐ Vital gluten (for making homemade bread)
- ☐ Cocoa powder
- ☐ Baking powder
- ☐ Baking soda
- ☐ More Semi-Sweet Chocolate chips
- ☐ Vanilla and almond extract
- ☐ Canola oil
- ☐ Olive oil
- ☐ Nonstick baking spray
- ☐ Vinegar
- ☐ Sweetened condensed milk
- ☐ Evaporated milk
- ☐ Powdered milk
- ☐ Shortening
- ☐ Honey

A Well Stocked Freezer | Freezer Staples

- ☐ Frozen vegetables - Corn, broccoli, cauliflower, peas, brussel sprouts, green beans, etc.
- ☐ Frozen fruits - Blueberries and raspberries
- ☐ Diced onions
- ☐ Shredded cheese
- ☐ Butter
- ☐ Frozen juice concentrate
- ☐ Baked goods
- ☐ Hamburger - Cooked and frozen in 1 pound bags
- ☐ Chicken - Cooked, diced and frozen in 4 cup bags
- ☐ Assorted meats - Pork, chicken, sausage, hamburger, etc.
- ☐ French fries and tater tots
- ☐ Hash browns
- ☐ Frozen pizza
- ☐ Ice cream