****

Canned Goods

|  |  |  |
| --- | --- | --- |
|    | Fruit preserves | Tuna |
| Beef broth | Pumpkin puree |  |
| Chicken broth | Spaghetti sauce |   |
| Coconut milk  | Tomatoes (diced, paste, and pureed) |   |

Dry Goods



|  |  |  |
| --- | --- | --- |
| Assorted teas | Cornstarch |   |
| Bread crumbs | Crackers  | Rolled oats |
| Breakfast cereal | Pasta (spaghetti, macaroni, etc.)  |   |
| Coffee | Rice (brown, basmati, etc.) |   |

Nuts, Beans, & Produce



|  |  |  |
| --- | --- | --- |
|   | Garlic |   |
| Assorted nuts (pecans, almonds, etc.) | Nut butters (peanut, almond, etc.) |   |
| Dry beans (black, pinto, red, etc.)  | Onions |   |

Oils, Vinegars, Sauces, & Syrups

|  |  |  |
| --- | --- | --- |
| Cooking oils (olive, coconut, etc.) | Mustard |   |
| Honey | Soy sauce |   |
| Maple syrup | Vinegars (white, balsamic, etc.) |   |
| Mayonnaise | Worcestershire sauce |   |

Baking Supplies



|  |  |  |
| --- | --- | --- |
|   | Cornmeal | Raisins  |
| Baking powder | Dry yeast | Sugar (white, brown, etc.)  |
| Baking soda | Extracts (vanilla, almond, lemon, etc.)  |   |
| Chocolate chips | Flours (whole wheat, AP, etc.)  |   |
| Cocoa powder | Powdered buttermilk  |   |

Herbs & Spices



|  |  |  |
| --- | --- | --- |
| Basil | Crushed red pepper |   |
| Bay leaves | Cumin | Oregano |
| Cayenne pepper | Curry powder | Paprika |
| Celery seed | Garlic powder | Parsley flakes |
| Chili powder | Ground ginger | Rosemary |
| Cinnamon | Ground pepper | Sea salt |
| Cream of tartar  | Onion powder  | Thyme |

Refrigerated & Frozen Goods



|  |  |  |
| --- | --- | --- |
|   | Cheddar cheese block | Sour cream |
| Apples | Eggs  | Assorted frozen fruit |
| Bread | Flour tortillas | Assorted frozen veggies |
| Butter | Grated parmesan cheese | Chicken |
| Carrots | Lemon juice | Dinner rolls |
| Celery | Milk | Ground meat |