





# **Basic Staples**

Dashing to the store at the last minute is the pits. What a waste of prime time! Keep these basic staples stashed in the pantry ... and cooking's cool.

#### Freezer

Bread Fish

Frozen vegetables

Lean ground beef

Orange juice

Whole chicken or pieces

### Refrigerator

Carrots

Cheese - shredded, sliced

**Eggs** 

Grated Parmesan cheese

Margarine/Butter

Milk

Salad dressing, lowfat

Yogurt, plain, lowfat or nonfat

# **Canned and Dry Goods**

Beans - canned or dried

Crackers

Crunchy cereal

Macaroni/pasta

Miscellaneous fruits & vegetables

Mushrooms

Oats

Peanut butter

Pizza/pasta sauce

Rice

Tomatoes - diced, whole, juice, sauce, stewed

Tuna

Vegetable broth

### **Pantry Staple Seasoning Items**

Basil

Bay leaves

Black pepper

Bouillon

Chili powder

Cinnamon

Cream of tartar

Dill

Garlic powder

Ginger

Italian seasoning

Lemon Juice

Onion flakes

Oregano





Paprika

Rosemary

Salt

Soy sauce

Thyme

Vanilla

Vinegar

Worcestershire sauce

## **Pantry Staple Baking Items**

Baking powder

Baking soda Canola or olive oil

Cornstarch

Dried fruit - raisins

Dry milk

Flour

Nuts, almonds or other

Oil, canola or olive

Sugar – powdered, white, brown





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