

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



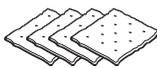
Refrigerator

- Carrots
- Cheese – shredded, sliced
- Eggs
- Grated Parmesan cheese
- Margarine/Butter
- Milk
- Salad dressing, lowfat
- Yogurt, plain, lowfat or nonfat



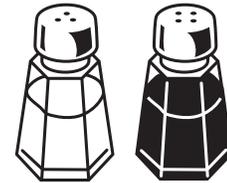
Canned and Dry Goods

- 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



Illustrations by Geoff Smith, from *Exploring MyPyramid with Professor Popcorn*, Purdue Extension CD-CFS-6 (illustrations copyrighted by Purdue Extension)