

Essentials

for the **Pantry** and **Freezer**

- Peanut butter
- Dried beans (pinto, black beans, great northern)
- Canned beans
- Rice
- Frozen fruits (blueberries, strawberries, pineapple)
- Frozen veggies (green beans, veggie medleys, peas, stir fry blends)
- Canned/packaged fruits (applesauce, peaches, fruit leather, jam/jelly spreads)
- Canned veggies (green beans, corn, carrots, diced tomatoes)
- Potatoes (Russet)
- Garlic
- Canned/preserved meats (chicken, tuna, summer sausage, beef jerky)
- Frozen meats (chicken breasts or tenders, ground beef, ground pork, bacon, whole chicken)
- Chicken/Beef/Veggie stock (or Better than Bouillon, or bouillon cubes)
- Deli meats
- Block cheese
- Grated Parmesan (unrefrigerated)
- Milk
- Butter
- Spices (chili powder, paprika, Italian seasoning, garlic powder, onion powder, cumin, cinnamon)
- All-purpose flour
- Old fashioned rolled oats
- Cooking oil (vegetable, olive oil)
- Baking yeast (active dry or instant)
- Baking soda

- Baking powder
- Salt or Sea Salt
- Sugar (White and Brown Cane Sugar)
- Chocolate chips
- Honey
- Maple Syrup
- Coffee
- Coffee creamer (powdered or single-serve shelf stable)
- Trail mix and/or nuts and raisins
- Dried pasta (spaghetti, penne, ziti, elbow)
- Spaghetti sauce
- Tomato sauce
- Tomato paste
- Italian Dressing
- Mayo
- Ketchup

Additional:
