



# STOCKING THE PANTRY

## PANTRY STAPLES

Vegetable Oil  
Olive oil  
Vinegar - white, apple cider, red wine, balsamic  
Ketchup  
Mustard - a variety  
BBQ Sauce  
Worcestershire  
Srirracha/hot sauce  
Soy sauce  
Teriyaki sauce  
Pasta - variety of cuts and shapes  
Rice  
Quinoa  
Beans - variety of canned and dry  
Chicken stock  
Canned tomatoes - crushed, diced, stewed,  
whole, fire roasted, sauce, paste  
Popcorn  
Chipotle in adobo  
Roasted red peppers  
Steel cut oats  
Tortillas - corn and flour  
Peanut butter  
Breadcrumbs - regular and panko  
Nuts - peanuts, almonds, cashews

## BAKING STAPLES

Bread flour  
AP Flour  
Yeast  
Granulated sugar  
Brown sugar  
Powdered sugar  
Baking soda  
Baking powder  
Cocoa powder  
Corn starch  
Cornmeal  
Quick and old fashioned oats  
Kosher salt  
Sea salt  
Table salt  
Cinnamon  
Vanilla  
Nutmeg  
Maple syrup  
Dried Fruit



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## FRESH/FRIDGE/FROZEN STAPLES

Fresh herbs

Onions

Garlic

Potatoes

Butter

Eggs

Milk

Cream

Sour cream

Lemons and limes

Salsa

Bacon

Parmesan cheese

Mozzarella cheese

Cheddar cheese

Frozen vegetables

Frozen protein

Frozen Fruit

## OTHER SUPPLIES