

Made In A Pinch

Basic Non-Perishable Pantry Staples

- Baking powder
- Baking soda
- Beans, canned or dried- ex: black beans, pinto, kidney, lentils
- Bread crumbs
- Broth – frozen or canned: beef, vegetable, chicken
- Cereal
- Chocolate: unsweetened squares, semisweet chips, cocoa powder
- Coffee
- Cooking Oil – olive or other
- Cooking spray
- Cornmeal
- Cornstarch
- Crackers
- Dried fruits: raisins, craisins, apples, etc
- Extracts: vanilla, lemon, almond, peppermint
- Flour: whole wheat, all-purpose
- Fruit preserves, jam, or jelly
- Honey, Agave nectar
- Nuts: almonds, peanuts, walnuts, pecans, pistachios
- Oatmeal
- Pasta, dried: spaghetti, linguini, angel hair, fettuccine, penne, elbows
- Peanut butter or other nut butter
- Rice – brown, white, wild
- Salsa
- Soup: canned and dry bouillon
- Peanut butter or other nut butter
- Sugar: granulated, confectioner's, light or dark brown
- Tea
- Tomatoes: any of the following: canned whole, crushed, puree, sauce
- Tuna, canned
- Vinegar – white, apple cider, balsamic
- Yeast, dry active

Basic Perishable Pantry Staples

- Apples
- Bananas
- Bread – loaves, bagels, English Muffins, etc
- Breakfast meat – bacon, sausage, Canadian Bacon
- Broccoli
- Butter
- Carrots
- Cauliflower
- Cheese – block, sliced, Parmesan
- Eggs
- Garlic, fresh
- Kale
- Lemons and/or Limes, fresh
- Lettuce
- Milk
- Mushrooms
- Onions, fresh: red
- Potatoes, fresh
- Spinach
- Tortillas
- Yogurt – Greek, plain

Basic Freezer Staples

- Chicken breasts
- Edamame
- Fish
- Fruit – strawberries, blueberries, mango
- Fryer/whole chicken
- Ground beef
- Ground turkey
- Potatoes – hash browns, roasted potatoes, fries
- Seafood – shrimp, etc
- Veggies – broccoli, cauliflower, peas, corn

Basic Condiment Staples

- BBQ sauce
- Dijon mustard, spicy brown mustard
- Hot sauce
- Ketchup
- Mayo
- Mustard
- Pickles
- Salad dressing
- Sracha
- Soy Sauce
- Teriyaki
- Worcestershire

**These lists are meant only as a guide. Add to them, leave out anything you don't like or don't use. These are just meant as ideas and to help job your memory when you make grocery lists 😊

For more information and resources, visit www.madeinapinch.com