

## Stocking Up: A Pantry List

There are certain items every cook should keep stocked in his or her pantry. By keeping these items on hand, you should be able to create many healthy meals without running to the store for something you need.

### Baking Items

- Flour (all purpose)
- Cornmeal
- Baking soda
- Baking powder
- Cornstarch
- Sugar (white and brown)
- \_\_\_\_\_
- \_\_\_\_\_



### Bottled and Canned Goods

- Canned tuna and salmon
- Canned vegetables
- Canned fruit
- Spaghetti (Marinara) sauce
- Canned beans such as kidney, black, pinto, northern, navy
- Reduced sodium chicken stock or broth
- Tomato sauce and tomato paste
- Vegetable oil
- Tomatoes
- Pickles (sweet and dill)
- Vinegar
- Lemon juice
- Peanut butter
- \_\_\_\_\_
- \_\_\_\_\_



### Condiments

- Salsa
- Ketchup
- Mustard
- Jellies and jams
- Barbecue sauce
- Soy or other favorite sauces
- Mayonnaise
- Favorite salad dressings
- Worcestershire sauce
- \_\_\_\_\_
- \_\_\_\_\_



### Dry Goods

- Rice (instant or regular)
- Noodles, pasta, macaroni
- Cereals, hot, such as oatmeal and ready-to-eat
- Dry beans such as pinto, Great Northern and navy
- Bread
- Bread crumbs
- Crackers
- Tortillas
- Raisins
- Nuts
- \_\_\_\_\_
- \_\_\_\_\_



## Stocking Up: A Pantry List (continued)

### Dry Herbs, Spices and Seasonings

- Basil
- Bay leaves
- Marjoram
- Oregano
- Rosemary
- Sage
- Thyme
- Parsley
- Dill
- Garlic powder
- Onion powder
- Mustard
- Chili powder
- Cumin
- Salt
- Pepper
- \_\_\_\_\_
- \_\_\_\_\_



### Refrigerated Foods

- Low-fat milk
- Eggs
- Margarine or butter
- Low-fat cottage cheese
- Reduced fat cheeses
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen and Canned Foods

- Meat
- Poultry
- Fish
- Vegetables
- Fruit
- \_\_\_\_\_
- \_\_\_\_\_

### Produce

- Onions
- Potatoes
- Carrots
- Cabbage
- Celery
- Tomatoes
- Fresh fruit (in season)
- Fresh vegetables (in season)
- \_\_\_\_\_
- \_\_\_\_\_

