## **How To Stock A Pantry:**

| Grains:              | Canned Goods Cont.: | Condiments:              |
|----------------------|---------------------|--------------------------|
| White Rice           | Navy Beans          | Basic Dried Spices       |
| Brown Rice           | Great Northern      | Cinnamon                 |
| Risotto              | Lentils             | Ginger                   |
| Quinoa               | Soups               | Mustard                  |
| Dried Pasta/Noodles  | Condensed Milk      | Chili Powder             |
| Couscous             | Canned Fish         | Curry Powder             |
| Polenta/Masa Harina  | Tuna                | Paprika                  |
| Oatmeal              | Salmon              | Basil                    |
| 3333.                | Clams               | Oregano                  |
| Dried Beans          | Smoked Oysters      | Clove                    |
| Kidney Beans         | Canned Meats        | Vegetable Oils           |
| Black Beans          | Chicken             | Olive Oil                |
| Navy Beans           | Beef                | Solid Shortening         |
| Lentils              | Corned Beef         | Coffee Creamer           |
| Black Eyed Peas      | Canned Vegetables   | Soy Sauce                |
| Dried Peas           | Beets               | Worcestershire           |
| Bried i eds          | Corn                | Apple Cider Vinegar      |
| Dried/Nuts/Mixes:    | Green Beans         | Red and White Wine       |
| Dried Tomatoes       | Green Peas          | Prepared Mustard         |
| Falafel Mix          | Canned Fruit        | Catsup                   |
| Tabbouleh Mix        | Peaches             | Mayonnaise               |
| Bouillon Cubes       | Applesauce          | Salsa                    |
| Soup Mixes           | Pears               | Balsamic Vinegars        |
| Nuts and Nut Butters | Fruit Cocktail      | Balsaline Villegals      |
| Almonds              | Trait Cockean       | Household Supplies:      |
| Pecans               | Dry Goods:          | Soap                     |
| Walnuts              | Coffee              | Personal Toiletries      |
| Peanuts              | Tea                 | Shampoo                  |
| Nut Butters          | All Purpose Flour   | Toothpaste               |
| Tahini/Sesame Paste  | Whole Wheat Flour   | Toilet Paper             |
| Powdered Milk        | Brown Sugar         | Dishwashing              |
| Crackers             | White Sugar         | Detergent                |
| Tortilla Chips       | Molasses            | Laundry Detergent        |
| Dried Fruit          | Syrup               | Paper Towels             |
| Raisins              | Artisan Flours      | Basic First Aid Kit      |
| Cranberries          | Chickpea            | Basic OTC Medications    |
| Apricots             | Almond              | 240.00.00.00.00.00.00.00 |
| Dates                | Gluten Free Flour   | Your Own List:           |
| Figs                 | Oat Flour           |                          |
| Cherries             | Dry Active Yeast    | <del></del>              |
| 5                    | Crackers            |                          |
| Canned Goods:        | Tortilla Chips      |                          |
| Diced Tomatoes       | Salt                |                          |
| Tomato Paste         | Baking Powder       |                          |
| Tomato Sauce         | Cocoa Powder        |                          |
| Pasta Sauce          | Baking Soda         | <del></del>              |
| Chick Peas           | Soup Mixes          | <del></del>              |
| Black Beans          | Dry Cereal          | <del></del>              |
| Pinto Beans          | Biscuit Mix         |                          |
| Kidney Beans         | Pancake Mix         |                          |
| maney bearing        | Tanodic Hill        |                          |