

PANTRY STAPLES CHECKLIST

Canned Foods		Baking		Dairy	
	diced tomatoes		flour:		milk
	tomato sauce		baking soda		cream
	tomato paste		baking powder		butter
	black beans		salt		cheese
	pinto beans		sugar, white		eggs
	chili beans		sugar, brown		yogurt
	chick peas		sugar, turbinado		cream cheese
	hominy		sugar, powdered		
	green beans		yeast		
	corn		quick oats		
	olives		old fashioned oats		
	chiles		corn meal		
			nuts	Grain/Breads	
			chocolate chips		rice
			cinnamon		quinoa
Other			vanilla extract		barley
			dried fruit		pasta
			honey		bread crumbs
			maple syrup		tortillas
			oil:		crackers
			cocoa		
			spices:		

