

## Non-perishable Pantry Items

### Spices & Seasonings

Adobo  
Balsamic vinegar  
Basil  
Bay leaf  
Beef Bouillon Granules  
Cayenne pepper  
Celery seed  
Chicken Bouillon Granules  
Chili Powder  
**Chili spice blend** (homemade)  
Chives  
Cider vinegar  
Cilantro  
Cinnamon  
Cooking sherry  
Cumin  
Curry Powder  
Dehydrated onion  
Dill  
Dry mustard  
Dry red wine  
Garlic powder  
Garlic salt  
Good Seasons Italian dressing mix  
Ground ginger  
Hot sauce  
Italian seasoning  
Ketchup  
Lemon pepper  
Liquid smoke  
Marjoram  
Nutmeg  
Onion powder  
Onion Soup Mix  
Oregano  
Paprika  
Parsley  
Pepper  
Poppy seed  
Ranch Dressing Mix  
Red Wine Vinegar  
Rice vinegar

Rosemary  
Salt  
Sesame Oil  
Taco Seasoning Mix  
Tarragon  
Thyme  
Vinegar  
White cooking wine  
Worcestershire Sauce

### **Baking Needs**

Almond Extract  
Baking Powder  
Baking Soda  
Biscuit mix  
Bread Crumbs (regular and Panko)  
Bread flour  
Confectioner's Sugar  
Corn Meal  
Corn Starch  
Corn Syrup  
Cornstarch  
Evaporated Milk  
Flour (all purpose and self-rising)  
Honey  
Jell-O packages (miscellaneous sizes and flavors for fruit salads)  
Non-stick cooking spray  
Olive Oil (\$9.99 per gallon at the discount grocer)  
Olive Oil Spray  
Rolled oats  
Stuffing Mix  
Sugar  
Vanilla Extract (\$2.99 for 4 oz. bottle - discount grocer outlet)  
Vegetable Oil  
Wheat berries (for grinding and making bread)

### **Beans**

15 Bean soup mix  
Pinto beans  
Black Beans  
Kidney Beans  
Lentils  
Red Beans  
White Navy Beans

## **Fruit**

Individual Fruit Cups  
Pineapple, Crushed  
Raisins

## **Miscellaneous**

Coffee Pods (\$1.99 on sale at the grocery store, any brand)  
Croutons  
Graham Crackers  
Peanut Butter  
Sunflower Seeds  
Taco Shells  
Tea bags

## **Pasta and Rice**

Egg Noodles  
Elbow Macaroni  
Fettuccini  
Linguini  
Rice (brown, calrose, instant, white, wild)  
Rice Noodles  
Shells (jumbo, medium)  
Vermicelli  
Yellow Rice Packets (50¢ on sale at the grocery store)

## **Produce**

Apples  
Bananas  
Grapes

## **Vegetables (Canned)**

Cut Corn (33¢ per can at the discount grocer)  
Creamed Corn (33¢ per can at the discount grocer)  
Green Beans (33¢ per can at the discount grocer)  
Mushroom Pieces (33¢ per can at the discount grocer)  
Peas (33¢ per can at the discount grocer)  
Pimientos  
Roasted Red Peppers (99¢ per can at the grocery store)  
Rotel (diced tomatoes and green chiles)  
Tomatoes (crushed, diced, sauce, and paste)  
Water chestnuts, sliced

## **Other Canned Goods**

Beef Broth, several cans (33¢ per can at the discount grocer)  
Chicken Broth, several cans (33¢ per can at the discount grocer)  
Coconut Milk (for Thai dishes)  
Cream Soups (celery, chicken, mushroom; 50¢ at the discount grocer)  
Enchilada Sauce, red and green (\$1.00 at the grocery store)  
Green Chiles, diced  
Salsa  
Spaghetti Sauce (79¢ on sale at the grocery store)

## **Paper & Plastic**

Heavy Duty Foil  
Paper Plates  
Parchment Paper  
Plastic Baggies (Freezer and Storage, all sizes, several boxes, buy with coupons at the store that doubles coupons up to \$1)  
Plastic Wrap  
Roasting Bags, Turkey Size  
Wax Paper