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## Pantry Essentials

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### **Dry Goods**

All Purpose Flour  
Baking Powder  
Baking Cocoa  
Basmati Rice  
Brown Rice  
Brown Sugar  
Bulgur Wheat  
Butter Beans  
Chick Peas  
Chocolate Chips  
Coconut  
Coconut Oil  
Coffee  
Cornmeal  
Couscous  
Crackers  
Granola  
Kidney Beans  
Lentils  
Oatmeal  
Pasta

Popcorn

Rice

Salt

Split Peas

Sugar

Whole Wheat Flour

Wild Rice

### **Nuts and Seeds**

Almonds

Brazil Nuts

Cashews

Chestnuts

Chia Seeds

Flaxseed

Hazelnuts

Peanuts

Pecans

Pine Nuts

Pistachios

Pumpkin Seeds

Sesame Seeds

### **Condiments**

Cooking Spray

Condensed Milk

Evaporated Milk

Jam

Ketchup

Mayo

Mustard

Olives

Pickles

Salsa

Soy Sauce

Tomato Paste

Tomato Sauce

Tuna

Vanilla

Worcestershire

Yeast

### **Oils**

Vinegar

Apple Cider

Pearl Barley

Sunflower Seeds

Honey

Popcorn

Walnuts

Olive Oil

Powdered Sugar