



Stock-Up List



Baking

- Baking powder
- Baking soda
- Cornstarch
- Flour
- Sweeteners: Sugar (both white and brown) and honey
- Yeast

Beverages

- Coffee
- Tea
- Soda
- Alcohol

Breads & Spreads

- Peanut Butter or other Nut Butters
- Corn Tortillas
- Flour Tortillas

Canned & Packaged

- Cereal
- Oats
- Canned Vegetables and Fruits
- Dried Fruit

Condiments & Oils

- Mirin
- Oil
- Soy Sauce
- Sesame Oil
- Vinegar

Dairy

- Milk: Powdered milk or shelf stable
- Cream
- Butter
- Shredded Cheese

Grains & Rice

- Dried Pasta, Rice, Etc.

Meats & Seafoods

- Ground Beef
- Chicken Breast
- Bacon

Pet Food

- Dry food
- Wet food
- Treats

Produce

- Onions
- Garlic
- Carrots
- Sweet Potatoes
- Cabbage
- Oranges or Mandarins
- Apples
- Lemons
- Frozen Fruits and Vegetables

Snacks & Chips

- Crackers
- Granola Bars
- Treats

Spices

- Salt and Pepper
- Chili Powder
- Cumin
- Garlic Powder
- Onion Powder
- Oregano
- Paprika
- Thyme
- Spice packets
- Beef Bouillon
- Chicken Bouillon
- Fresh Herb Potted Plants