## Essential Pantry Staples List

### Carbs
- Pasta and noodles
- Boxed mac and cheese
- Rice
- Whole grains (such as farro, quinoa, and barley)
- Cornmeal and polenta
- Cereal
- Oatmeal

### Cooking Oils
- Olive oil
- Vegetable oil
- Coconut oil
- Sesame oil

### Baking Supplies
- Flour
- Brown sugar
- Granulated sugar
- Powdered sugar
- Honey
- Molasses
- Baking powder
- Baking soda
- Cornstarch
- Cream of tartar
- Yeast
- Cocoa powder
- Vanilla extract
- Powdered milk
- Sweetened condensed milk
- Evaporated milk
- Chocolate chips or bars
- Pumpkin puree
- Jams and jellies
- Peanut butter

### Canned and Jarred Goods
- Fruits and vegetables
- Meats and seafood (tuna, salmon, chicken, etc.)
- Broths (chicken, beef, or vegetable)
- Soups
- Pasta Sauce
- Tomato paste
- Tomatoes (whole, crushed, or diced)
- Pickles
- Salsa

### Dried Legumes
- Beans
- Chickpeas
- Lentils
- Peas

### Snacks
- Chips
- Popcorn
- Cookies and crackers
- Apple sauce
- Dried fruits
- Granola
- Nuts
- Sweets
- Protein Bars

### Seasonings
- Salt
- Pepper
- Condiments
- Dried herbs and spices
- Soy sauce
- Vinegar
- Bouillon cubes

### Drinks
- Coffee
- Tea
- Soft drinks
- Fruit juices
- Wine and spirits