

# Build your pantry with fresh and shelf-stable foods

## Non-Perishable Pantry Items

- Rice
- Dry pastas
- Cereals and granola
- Dried and canned beans/legumes
- Canned tomatoes and pasta sauces
- Nuts
- Cooking oils
- Soy sauce
- Jam/jelly
- Vinegar
- Dried fruits
- Nut butters
- Baking essentials (flour, sugar, baking soda and powder, vanilla extract)
- Dried herbs and spices
- Canned fish
- Stocks and broths
- Shelf-stable milks

## Countertop Produce

- Potatoes
- Hard/winter squash
- Apples (store far from other veggies)
- Beets (remove leaves)
- Garlic
- Onions (store far from other veggies)

Some produce may last up to 4 weeks stored under ideal conditions

## Refrigerator Staples

- Eggs
- Unsalted and salted butter
- Lemons and limes
- Bottled juice
- Milk
- Tortillas
- Parmesan cheese or vegan substitute
- Shredded cheeses

## Freezer Must-Haves

- Frozen veggies (like green beans, peas, broccoli, carrots)
- Frozen fruit (like berries, pineapple chunks, mangoes, bananas)
- Premade pizza dough
- Ground beef
- Boneless, skinless chicken breasts or thighs
- Sliced bread
- Butter
- Homemade soups, sauces, stocks, and broths

## Nice-to-Haves

### PANTRY

- Hot sauce
- Olives
- Coconut milk
- Chips and crackers
- Cookies
- Canned vegetables (like corn, chiles, artichoke hearts)

### FRIDGE

- Bottled salad dressings
- Pickles

### FREEZER

- Frozen confections (like ice cream, sorbet, ice pops)

