

Essentials to Stock Up On

STARCHES

- **Pasta** - multiple shapes
- **Oats**--you can use as binders in meatballs, meatloaf and make cereal, granola bars, granola, etc
- **Dry Cereals**--even when milk runs out, these are great to bulk up trail mixes, etc
- **Popcorn**
- **Tortillas, taco shells, etc**
- **Tortilla chips**
- **Sliced breads, bagels, buns**--these will freeze fairly well.
- **Crackers**
- **Granola bars**
- **Rice**--brown and white
- **Frozen Tortellini**

COOKING/BAKING ESSENTIALS

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|--|---|
| • Olive Oil | • Olive Oil |
| • Canola Oil | • Cornstarch |
| • Soy sauce | • Chocolate chips and cocoa powder |
| • Hot Sauce | • Maple Syrup |
| • Mayonnaise, Ketchup, and Mustard | • Honey |
| • Baking powder | • Worcestershire sauce |
| • Baking soda | • Barbecue Sauce |
| • Salt | |
| • Vinegar --I personally recommend Balsamic and Apple Cider Vinegar | |
| • Salsa --canned salsa will add flavor to your meals! | |
| • Stock -- if you do not make your own | |
| • Flour --for baking muffins, breads, pancakes, cookies, etc | |
| • Cornmeal --for cornbread | |
| • Generally used spices (cinnamon, nutmeg, chili powder, cumin, oregano, garlic powder, onion powder) | |
| • Sugar --granulated sugar, brown sugar, powdered sugar | |

BEVERAGES

- **Coffee**
- **Tea**
- **Frozen Juice Concentrates**
- **Extra Water**
- **Beer** (if needed)
- **Wine** (if needed)

DAIRY

- **Butter**-- freezes well for up to a year, considering buying extra
- **Eggs**
- **Cans of evaporated milk, dry milk**
- **Shelf stable milk and milk substitutes**, only if you will drink them later or use them in cooking
- **Cheese**--will last quite a while if unopened in the refrigerator. Shredded cheese also freezes well.

FRUITS AND VEGETABLES

- **Dried or canned fruits**
- **Frozen and canned vegetables**--I love to grab frozen peppers and onions, chopped green peppers, and stir fry mix to help pull together flavorful meals with frozen veggies.
- **Frozen spinach and kale**
- **Carrots and Celery**--dice and freeze to add to soups, etc
- **Pasta and pizza sauces**
- **Canned tomatoes**--diced, crushed, paste, etc
- **Jam**
- **Onions**-- they last quite a long time. You can also dice them up now and freeze for later use.
- **Jarred minced garlic**
- **Olives, capers, roasted red peppers in jars**
- **Lemons and Limes**--they last quite a long time in the fridge and add tremendous flavor to dishes
- **Potatoes**--purchase enough for 2-3 weeks, as they last if stored in a cool dark place.
- **Apples**--fresh apples will last for weeks in the refrigerator.
- **Squash**--Butternut, acorn, and spaghetti squash can last for a month when in a cool dark place.

PROTEIN SOURCES

- **Chicken**--chicken breasts, whole chicken, chicken thighs. Freeze in 1 pound portions.
- **Ground meat**--beef, pork, sausage, chicken, turkey--any that your family uses on a regular basis. Freeze in 1 pound portions.
- **Seafood and Shrimp**
- **Bacon**
- **Nuts and Peanut Butter**
- **Canned tuna**
- **Smoked Sausage**---perfect to pair with rice or potatoes for super quick meal.
- **Tofu**

MISCELLANIOUS

- **Pet Food**
- **Storage Bags**--for freezing food
- **Foil**
- **Coffee Filters**
- **Napkins**
- **Paper Towels**
- **Dish Detergent**
- **Dish Soap**
- **Trash Bags**

***Extra food?** Donate to a local food bank or neighbors that are elderly or compromised.*