



## Winter Pantry Staples Checklist

<b>Grains and Legumes</b>	<b>Canned Goods</b>	<b>Baking Essentials</b>	<b>Cooking Oils and Condiments</b>	<b>Dried Herbs and Spices</b>	<b>Long-Lasting Produce</b>
Rice	Canned Tomatoes	All-Purpose Flour	Olive Oil	Salt and Pepper	Potatoes
Oats	Canned Beans	Cocoa Powder	Vegetable Oil	Garlic and Onion Powder	Sweet Potatoes
Quinoa	Canned Meats	Baking Powder and Soda	Coconut Oil	Cinnamon	Onions
Barley	Canned Fruits	Maple Syrup	Vinegar	Nutmeg	Garlic
Lentils	Canned Vegetables	Yeast	Soy Sauce	Italian Seasoning	Carrots
Dried Beans	Canned Soups and Stews	Cornmeal	Mustard	Oregano	Winter Squash
Pasta	Canned Sauces	Sugar	Honey	Paprika	Apples