



What You Need in Your Pantry

- | | | |
|-----------------------|--------------------------------|---------------------------------|
| 1. Beans | 14. Cocoa | 27. Baking soda |
| 2. Rice | 15. Garlic | 28. Baking powder |
| 3. Soups | 16. Raisins | 29. Cream of tartar |
| 4. White bread flour | 17. Spices | 30. Canned meats |
| 5. Yeast | 18. Tortillas | 31. Wheat |
| 6. Crackers | 19. Chicken broth | 32. Dehydrated carrots & celery |
| 7. Peanut butter | 20. Olive oil/Coconut Oil | 33. Salsa and green chilies |
| 8. Jams and jelly | 21. Dehydrated or fresh | 34. Water |
| 9. Powdered eggs | 22. Pasta: who loves spaghetti | 35. Fruit |
| 10. Instant milk | 23. Tomato paste or flakes | 36. Vegetables |
| 11. Popcorn | 24. Salt | 37. Oatmeal |
| 12. Dehydrated onions | 25. Sugar | 38. Cornstarch |
| 13. Lemon juice | 26. Honey | |