



FEEDING THE FAMILY The Well-Stocked Pantry

Keeping a well-stocked pantry can be a tremendous help when you are short on time. According to Produce for Better Health, in addition to your freshly grown garden produce, some items you may consider keeping in stock include:

FOR BAKING:

- Flour
- Granulated sugar
- Brown sugar
- Powder sugar
- Cornstarch
- Baking powder, soda
- Vanilla extract
- Evaporated skim milk

DRIED GOODS:

- Dried beans (black, pinto, lentils)
- Dried fruits
- Nuts (almonds, pecans, walnuts)
- Brown rice
- White rice

CONDIMENTS:

- Ketchup
- Hidden Valley® Salad Dressings
- Lemon, lime juices
- Mayonnaise
- Mustard (regular and Dijon)
- Salsa
- Soy sauce
- Worcestershire sauce

OILS AND VINEGARS:

- Olive oil
- Vegetable oil (Canola or Soybean)
- Apple cider vinegar
- Balsamic vinegar
- Red, White wine vinegars
- Rice vinegar

CANNED GOODS:

- Chicken broth
- Vegetable broth
- Canned beans (kidney, chickpeas)
- Canned fruits
- Canned tomatoes (chopped, whole, crushed)
- Tomato paste
- Olives (green and black)

PASTAS:

- Spaghetti, fettuccine, angel hair
- Macaroni, corkscrew, bowtie, etc

DRIED HERBS AND SPICES:

- Basil leaves
- Bay leaves
- Cayenne pepper
- Chili powder
- Cinnamon
- Cloves –whole and ground
- Coriander
- Cumin – ground
- Curry powder
- Dillweed
- Ginger – ground
- Herbs de Provence
- Marjoram
- Nutmeg-ground
- Oregano
- Paprika
- Rosemary
- Pepper
- Sage
- Salt
- Tarragon
- Thyme