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# CHECK LIST

## Healthy Home Pantry

### TOMATOES

- tomato juice
- tomato sauce
- Sun-dried tomatoes
- whole tomatoes
- Tomato paste

*Canned Goods*

### SOUPS \* BROTHS

- Chicken or vegetable broth
- Make your own stocks and broths
- Veggie bouillon
- Chicken noodle
- Tomato
- Cream of Mushroom
- Cream of Chicken
- Make your own 'cream of anything' soup mix

### CONDIMENTS

- Pickles
- Olives
- Relish
- Ketchup
- Hot Sauce
- BBQ Sauce
- Mustards
- Mayo

### CANNED VEGGIES

- Pumpkin
- Green beans
- Corn
- Peas
- Beets
- Yams

### CANNED FRUITS

- Pineapple
- Peaches
- Applesauce
- Pears
- Fruit Cocktail

### SWEETENERS

- Honey
- agave nectar
- maple syrup
- sorghum syrup

### DESSERTS

- Jellies, Jams Preserves
- Graham crackers
- Vanilla wafers
- Instant pudding mix
- Cookies

### BEVERAGES

- Bottled Lemon Juice
- Apple Juice
- Grape Juice
- Cranberry Juice
- Pomegranate Juice
- Orange Juice

### MILKS

- Almond Milk
- Rice Milk
- Coffee Creamer
- Evaporated Milk
- Sweetened Condensed Milk

### PROTEINS

- Canned tuna
- Canned chicken
- Canned salmon
- Nut Butters

### OILS \* VINEGARS

- Olive Oil
- Coconut Oil
- Red wine vinegar
- Cider vinegar
- Balsamic vinegars
- White vinegar

