

dried & canned goods for your well-stocked pantry

Dried Goods

CHECK LIST



GRAINS

- All-purpose flour
- Self-rising flour
- Wheat flour
- Pancake mix
- Cornmeal, white
- Cornmeal, yellow
- Grits
- Rolled oats
- Brown rice
- White rice
- Pearl Barley

LEGUMES

- Chickpeas
- Navy beans
- Northern Beans
- Butter beans
- Black beans
- Lentils
- Pinto beans
- Kidney beans
- Black beans
- Split English Peas
- Black-Eyed Peas

PASTAS

- Thin Spaghetti
- Vermicelli
- Bow tie
- Elbow
- Small shells
- Penne
- Rotini
- Couscous
- Fettuccine
- Lasagna
- Gluten Free

BAKING GOODS

- Cocoa powder
- Baking soda
- Baking powder
- Cornstarch
- Yeast
- Chocolate Baking Chips
- Cake mixes or Make-your-own
- Frosting mixes
- Powdered milk
- Powdered egg
- Pure Flavoring Extracts(vanilla)

HERBS*SPICES

- Garlic
- Cinnamon
- Ginger
- Oregano
- Parsley flakes
- Chili powder
- Turmeric, etc.

TEAS*COFFEES

- Ground Coffees
- Coffee beans
- Tea bags
- Green teas
- Herbal teas

SUGARS

- Honey
- Brown sugar
- Powdered sugar
- Granulated sugar
- Raw sugar

NUTS*BERRIES

- Raisins
- Dried cranberries
- Dried fruits
- Walnuts
- Almonds
- Peanuts
- Cashews
- Pecans



Find recipe ideas, pantry dry goods, best canning practices, freezing tips and food preservation:

<http://www.pinterest.com/bluebirdmarket>

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