



# Let's BRING HEALTHIER HOME

...and share 100,000 meals!

## Kitchen Staples Grocery List

### Baking Ingredients

- Baking Powder
- Baking Soda
- Bran
- Oat
- Wheat
- Wheatgerm
- Cornstarch
- Dried Fruit
- Raisins
- Cranberries
- Pears
- Figs
- Apples
- Dark Chocolate Chips
- Coconut
- Flour
- All Purpose
- Whole Wheat
- Multi Grain Cereals
- Rolled Oats
- Skim Milk Powder
- Sugar
- White
- Brown
- Agave Nectar
- Maple Syrup
- Honey
- Unsalted Seeds
- Ground Flax
- Sesame
- Sunflower
- Pumpkin
- Unsalted Nuts
- Almonds
- Peanuts
- Walnuts
- Pecans
- Vanilla
- Tahini
- Extra Virgin Olive oil
- Canola Oil
- Flax Seed Oil

### Seasonings

- Bouillon Cubes
- Vegetable
- Chicken
- Beef
- Dry Mustard
- Garlic Powder
- Cinnamon Sticks
- Herbs
- Basil
- Oregano
- Thyme
- Tarragon
- Cardamom
- Pepper
- Sea Salt
- Soy Sauce
- Spices
- Paprika
- Cinnamon
- Ginger
- Chili powder
- Cumin
- Curry
- Vinegar
- Red Wine
- White Wine
- Balsamic
- Apple Cider
- Rice

### Bottle and Jars

- Pasta sauce
- Applesauce
- Ketchup
- Mustard
- Salsa

### Root Vegetables

- Beets
- Garlic
- Potatoes
- Onions
- Sweet Potatoes

### Grain Products

- Bread Crumbs
- Pasta/Noodles
- Elbow
- Spaghetti
- Lasagna
- Egg Noodles
- Rice
- Brown
- Basmati
- Wild
- Whole Grains
- Barley
- Couscous
- Quinoa

### Legumes

- Dried Beans
- Black
- Chickpea
- Kidney
- Navy
- White
- Split Peas
- Lentils
- Nut and Seed Butters

### Freezer

- Frozen Fruits and Berries
- Frozen 100% Fruit Juice
- Frozen Vegetables
- Peas
- Corn
- Broccoli
- Red Pepper
- Frozen Entrees
- Meats
- Chicken
- Fish
- Tortillas
- Pitas

### Canned Foods

- Fruit
- Peaches
- Pears
- Pineapple
- Tuna
- Salmon
- Sardines
- Vegetables
- Beets
- Corn
- Tomatoes
- Mushrooms
- Carrots
- Peas
- Vegetable Soups
- Tomato
- Mushroom
- Tomato Paste
- Beans
- Black
- Chickpea
- Kidney

### Refrigerator

- Carrots
- Celery
- Snow Peas
- Squash
- Dark Green Vegetables
- Broccoli
- Spinach
- Kale
- Swiss Chard
- Eggs
- Plain Yogurt
- Fresh Fruit
- Apples
- Pears
- Oranges
- Grapefruit
- Blueberries
- Blackberries
- Strawberries
- Milk/Soy Beverage
- Breads and Bagels
- Non-hydrogenated
- Margarine/Butter