

PANTRY:

- Canned tomatoes – diced, crushed and whole
- Tube of tomato paste
- Tomato sauce
- Canned fish
- Condensed soups (cream of mushroom, cream of chicken, cream of celery – low sodium if possible)
- Chicken stock (low sodium if possible)
- Beef stock
- Black beans
- Brown and white dried Pasta
- Brown and white Rice
- Jars of favorite spaghetti sauce
- Breadcrumbs – plain and seasoned
- Extra virgin Olive Oil
- Cooking spray
- Grainy Dijon mustard
- Balsamic vinegar
- Red wine vinegar
- Soy Sauce
- Teriyaki sauce
- Worcestershire sauce
- Barbeque sauce
- Hot sauce
- Salad dressing
- Breakfast cereals
- Granola bars
- Snacks for kids lunch boxes
- Peanut butter
- Variety of jellies
- Maple syrup
- Honey
- Popcorn
- Coffee and Tea

BAKING:

- Flour
- Granulated sugar
- Dark brown sugar
- Light brown sugar
- Baking powder
- Baking soda
- Vanilla extract
- Light corn syrup
- Cake and muffin mixes
- Pancake mix
- Chocolate chips
- Raisins

SPICES:

- Basil
- Bay leaves
- Black pepper
- Chili Powder
- Cinnamon
- Cumin
- Garlic Powder
- Garlic Salt
- Italian seasoning
- Whole Nutmegs
- Onion Powder
- Oregano
- Paprika
- Parsley
- Rosemary
- Sage
- Low Sodium Salt
- Kosher or sea salt
- Thyme

FRIDGE:

- Celery
- Carrots
- Onions
- Garlic bulbs and jar pre-cut garlic
- Jar pre-cut ginger
- Fresh fruit in season
- Fresh vegetables in season
- Potatoes
- Salad
- Luncheon meat
- Grated cheese and any of your favorite cheeses
- Milk
- Sour cream
- Yoghurt
- Mayonnaise
- Orange Juice
- Yogurt
- Butter or favorite spread
- Eggs
- Peanut butter
- Jelly
- Bread
- Flour tortillas

FREEZER:

- Sliced bread
- Chicken breasts
- Chicken drums and thighs
- Ground turkey
- Ground beef
- Frozen vegetables
- Hotdogs
- Waffles
- Ice cream