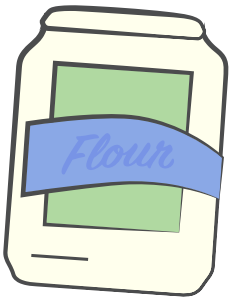

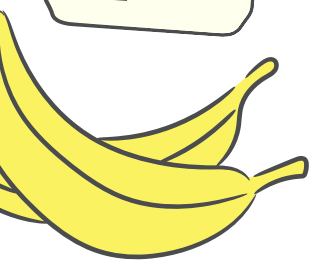

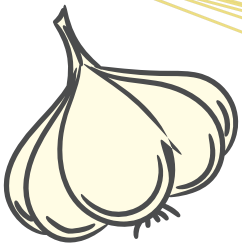

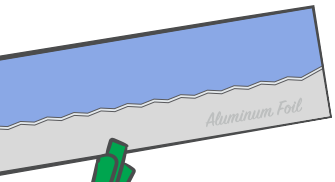

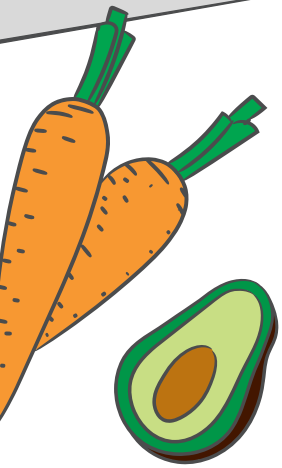

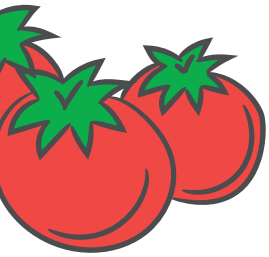

Pantry & Fridge Essentials

BASICS

- ◯ all-purpose flour
- ◯ white sugar
- ◯ brown sugar
- ◯ rolled oats
- ◯ long-grain white rice
- ◯ brown rice
- ◯ baking powder
- ◯ baking soda
- ◯ cornstarch
- ◯ coffee
- ◯ dry beans
- ◯ pasta sauce
- ◯ pasta
- ◯ peanut butter
- ◯ jelly or jam
- ◯ nonstick cooking spray
- ◯ aluminum foil
- ◯ paper plates
- ◯ resealable bags and containers

REFRIGERATED ITEMS

- ◯ milk
- ◯ eggs
- ◯ butter
- ◯ yogurt
- ◯ cheeses
- ◯ ketchup
- ◯ mustard
- ◯ mayonnaise

SEASONINGS

- ◯ olive oil
- ◯ apple cider vinegar
- ◯ soy sauce
- ◯ honey
- ◯ sea salt
- ◯ black pepper
- ◯ dried herbs
- ◯ cumin
- ◯ crushed red pepper
- ◯ garlic powder
- ◯ cinnamon
- ◯ cocoa powder
- ◯ vanilla extract

FRESH FRUITS

- ◯ bananas
- ◯ apples
- ◯ strawberries
- ◯ peaches

FRESH VEGETABLES

- ◯ broccoli
- ◯ spinach
- ◯ salads

CANNED GOODS

- ◯ tomatoes
- ◯ beans
- ◯ soups