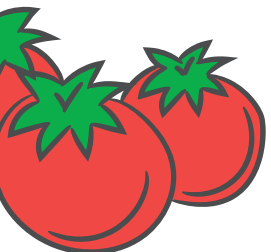
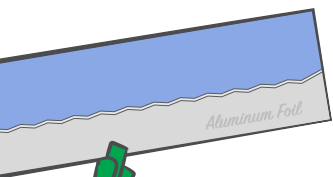
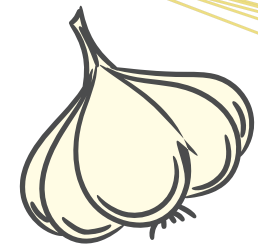
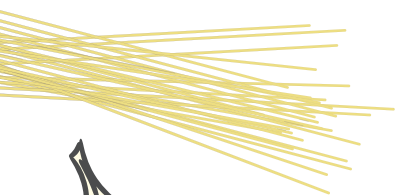
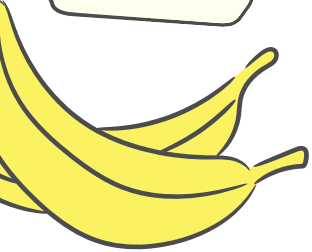
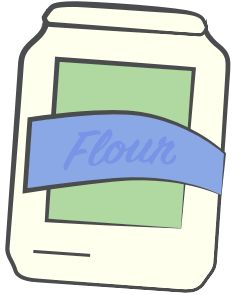




Pantry & Fridge Essentials



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