

## FOOD STOCK-UP SUPPLIES

### Pantry

Rice  
Pasta (a variety)  
Barley, farro  
Quinoa  
Oats  
Crackers, chips  
Cereal  
Peanut butter  
Favorite snacks  
Granola bars, nuts  
Canned tuna  
Canned beans  
Canned tomatoes  
Jar sauces  
Condiments  
Onions, potatoes  
Canned, dried fruit  
Coffee, tea  
Common spices  
Baking goods:  
Flour  
Baking powder  
Baking soda  
Chocolate chips

### Fridge & Freezer

Cheese (variety)  
Eggs  
Meats (use or freeze)  
Ground beef/turkey  
Chicken breasts  
Pork chops, tenderloin  
Pork/turkey sausage  
Butter  
Salad dressings  
Apples, oranges  
Hearty vegetables:  
Kale, cabbage  
Carrots, beets  
Freezer-friendly breads:  
Tortillas, pita bread  
English muffins  
Bagels, rolls  
Frozen shrimp, seafood  
Frozen fruits, fruit mixes  
Frozen veggies:  
Peas, carrots, corn  
Green beans  
Winter squash  
Mixed veggies