STOCKED KITCHEN LIST

Spices & Condiments

Balsamic vinegar Basil Bay leaf Celery seed Chives Braggs Apple-Cider vinegar Cilantro Cinnamon Cumin Curry Powder Dehydrated onion Mustard Seed Garlic powder Garlic salt Fresh Ginger Italian seasoning Ketchup Nutmea Oregano Parsley Pepper Poppy seed Ranch Dressing Mix Rosemary Pepper **REAL Salt** White Vinegar (for cooking & cleaning) **Balsamic Vinegar Braggs Liquid Aminos**

Baking Needs

Almond Extract **Baking Powder** Baking Soda **Bread Crumbs** (regular and Panko) Whole Wheat Pastry Flour **Powdered Sugar** Corn Meal Corn Starch Cornstarch Evaporated Milk Honey Shortening Semi Sweet Chocolate Chips Saltines Cocoa Potato Flakes Wheat berries Non-stick cooking spray Olive Oil Rolled oats Whole Cane Sugar Brown Sugar Vanilla Extract Vegetable Oil Coconut Oil Yeast

Fruit

Fresh Fruit in season for eating or to Can or Dehydrate, or freeze **Vegetables Fresh in season** To Can, dry, freeze or dehydrate

Refrigerator Items

Milk

Butter

Cheese

Sour Cream

Cottage Cheese

Milk Kefir Grains

Paper & Plastic

Heavy Duty Foil

Parchment Paper

Parchment Paper

(Freezer and Storage,

all sizes, several boxes)

Plastic Baggies

Dried Goods

Pinto beans

Black Beans

Red Beans

Lentils

Kidney Beans

Raw Almonds

Cranberries

15 Bean soup mix

White Navy Beans

Paper Plates

Plastic Wrap

Wax Paper

Water Kefir Grains

Monika Hardy proverbs31practicalhelps.weebly.com

Non Toxic Cleaning Supplies Borax Washing Soda

Peanut Butter Sunflower Seeds Herbal Tea Pasta and Rice Egg Noodles Elbow Macaroni Fettuccini Linguini Brown Rice Shells (jumbo, medium) Roasting Bags, Turkey Size Vermicelli

Other Items....

White Distilled Vinegar **Baking Soda** Lemon Juice Hydrogen Peroxide Castille Liquid Soap Castille Bar Soap Essential Oils (Tea tree oil. Grapefruit Extract etc...)



Miscellaneous Coffee

Croutons Graham Crackers