

FIRST GROCERY *list*

Pantry

- Rice
- Dried pasta and noodles
- Canned vegetables
- Legumes and beans (dried or canned)
- Canned tomatoes
- Pasta sauce
- Canned tuna and/or salmon
- Canned soup
- Chicken and/or vegetable broth
- Coffee and tea
- Cereal
- Crackers/cookies
- Nuts and seeds

Baking

- All-purpose flour
- Sugar/Brown sugar
- Baking soda

Get two boxes! Keep one open in the fridge to neutralize odours and unwanted smells, and use a fresh, unopened box for baking purposes.

- Baking powder
- Vanilla extract
- Bread crumbs
- Corn starch

Condiments

- Ketchup
- Mustard
- Dijon mustard
- Relish
- Mayonnaise
- Worcestershire sauce
- Soy sauce/tamari
- Jam
- BBQ sauce
- Hot sauce (sriracha, tabasco, chili, etc.)
- Peanut butter or almond butter
- Olive oil
- Canola oil
- Coconut oil
- Sesame oil
- Balsamic vinegar
- White vinegar
- Apple cider vinegar
- White wine vinegar
- Honey
- Maple syrup

Freezer

- Frozen vegetables
- Frozen fruit

Spices

Buy small quantities at a time. Spices are safe to eat for up to 4 years but their potency reduces with time, so it is best to replace them every year for maximum flavour.

- Salt
- Pepper
- Parsley
- Basil
- Paprika
- Oregano
- Garlic powder
- Chili powder
- Rosemary
- Thyme
- Cinnamon
- Curry Powder
- Ground Cumin
- Ground Ginger

Refrigerator

- Milk
- Juice
- Eggs
- Butter
- Yogurt
- Cheese