



Basic Foods To Have On Hand

Refrigerator

- milk, cheese, eggs, yogurt
- carrots, lettuce, and other fresh vegetables, fruit
- margarine, mustard, ketchup

Cupboard

- pasta, noodles, rice, beans, lentils, dried peas
- flour, sugar, salt, pepper
- baking powder, baking soda, vanilla, dried fruit (raisins, cranberries)
- peanut butter, nuts and seeds
- tomato sauce, tomato paste, canned tomatoes, tuna, oil, vinegar, soy sauce
- bread, crackers, cereals, oatmeal, and bran

Freezer

- vegetables, concentrated juice
- extra bread
- meat and poultry

Cool storage like a basement or cellar

- onions, garlic
- potatoes, squash

Other things you will need in your kitchen:

- paper towels, wax or plastic wrap, plastic bags, aluminum foil
- oven mitts, tea towels, dish cloths
- scouring pads