



# Stable Staples for Your Shelf



## Everyday Needs

Flour  
 Sugar  
 Shortening  
 Vegetable Oil  
 Macaroni  
 Spaghetti  
 Rice

Cornmeal  
 Vinegar  
 Crackers  
 Nonfat Dry Milk  
 Evaporated Milk  
 Noodles  
 Oatmeal



## Seasonings

Salt  
 Pepper  
 Allspice  
 Cinnamon

Poultry Seasoning  
 Oregano  
 Garlic Powder  
 Onion Powder

## Baking

Baking Powder  
 Baking Soda  
 Powdered Sugar  
 Corn Starch  
 Dry Yeast

Vanilla  
 Molasses  
 Brown Sugar  
 Cream of Tartar



## Nice to Have on Hand

Mushroom Soup  
 Noodle Soup  
 Tomato Sauce  
 Canned Vegetables  
 Canned Meat

Dry Onion Soup  
 Tomato Soup  
 Tomato Paste  
 Tuna

***\*Special Note:** The way to build a staple shelf is to buy what is needed for your weekly plan. Pretty soon you'll have it all since many items last a long time. Some items even go on sale, like sugar and flour. You may have items that are staples to you that are not on this list. Add them on and take off the ones that you will not ever use.*

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