

Pantry Staples



list

& POSSIBLE MEALS IDEAS

Grocery shopping for our family of 17 (15 children and two parents) has always been monumental! This is why I have created printable tools to help simplify the whole process. I share them in hopes they will help you, too.

These lists are neither exhaustive nor definitive. Glean what you can from them and then change them according to your likes and needs. Cross out any nonsense you find and feel free to fill in the blank lines provided as you see fit.

CONDIMENTS SPICES AND BAKING

Ketchup
Mustard
Mayonaise
Ranch dressing
Barbeque sauce
Teriyaki sauce
Soy sauce
Salsa
Pickles
Raw apple cider vinegar
Lemon juice
Blackstrap molasses
Pancake syrup
Jelly or jam
Brown gravy mix (in bulk from Sam's it is very cheap, otherwise it works out to something like \$40 a pound in those little packets!)
Chicken and beef broth cubes or powder
Canned cream soup

Onion powder
Garlic powder
Taco seasoning (again, in bulk from Sam's)
Cornstarch
Baking soda
Baking powder
Instant, dry yeast
Wheat germ
Cooking oil
Baking spray
Cinnamon
Ginger
Cloves
Salt
Pepper
Curry seasoning
Brown sugar
Powdered sugar
Cake mixes (only if they are \$1 or less on sale)
Chocolate chips
Craisins
Other dried fruit such as raisins, mangoes and cherries

