



PANTRY STAPLES

Affordable items for a well stocked pantry.

CANNED GOODS:

- Always Save Tuna
- Always Save Tomatoes: diced, sauce, crushed
- Always Save Pasta Sauce
- Always Save Beans: pinto, garbanzo, navy, black, etc.

BAKING GOODS

- Always Save Flour
- Always Save Sugar
- Always Save Brown Sugar
- Always Save Baking Soda/Powder
- Always Save Powdered Sugar

OILS AND SAUCES

- Always Save Olive Oil
- Always Save Vegetable Oil
- Always Save Apple Cider Vinegar
- Always Save Pan Coating
- Always Save Peanut Butter
- Always Save Sour Cream

SNACKS

- Always Save Potato Chips
- Always Save Popcorn
- Always Save Can Fruit

FROZEN

- Always Save Frozen Vegetables
- Always Save Frozen Fruit
- Always Save Personal Pizza
- Always Save Potatoes
- Always Save Buttermilk Pancakes
- Always Save Ice Cream

REFRIGERATED

- Always Save Chicken and Beef Broth
- Always Save Shredded Cheese
- Always Save Margarine
- Always Save Milk
- Always Save Mustard/Ketchup
- Always Save Mayonnaise

SPICES

- Always Save Salt
- Always Save Seasoned Salt
- Always Save Black Pepper
- Always Save Garlic Salt
- Always Save Minced Onion

DRY GOODS/MISC.

- Always Save Enriched Long Grain Rice
- Always Save Pasta
- Always Save Pancake and Waffle Mix
- Always Save Honey
- Always Save Quick Oats