

The Well-Stocked Kitchen Pantry

By Connie McVey

I remember my mother's pantry (storage shelves) was always well supplied. I could remember "shopping" in the basement or indoor back porch (where our pantry was.) I could usually find any ingredient to make just about anything there. Very seldom did I have to go to the store when late at night you wanted to have a quick bite to eat or whip up a treat.

Before I married, I tried to buy some kitchen supplies with the "extra" from my paychecks. When I moved to my first apartment as a new wife, I felt pretty proud to have the ingredients I needed to make "just about anything." It is a challenge at first, but without too much effort, and a little-at-a-time shopping, you can have a great stocked pantry, whether you are a: college student, new bride, or just out for the first time on your own.

A small freezer would be a great investment when you can obtain one; it will save you a lot of money (buy and store items on sale) and time (frozen meals) in the future. There are many lists you could follow, but remember to buy what you will actually use. The following is my list; adjust it and add to it as needed.

Refrigerator

Eggs
Butter or margarine
Milk
Sour cream
Cream cheese
Cheeses - cheddar, mozzarella, parmesan
Mayonnaise and Salad Dressings
Yellow mustard
Ketchup
Worcestershire sauce
Steak sauce
Pickles and relish
Salsa
Jellies or jams
Bacon (For longer shelf life, store in freezer)

Freezer

Vegetables: Peas, Corn, Potatoes (Fries, Hashbrowns)
Beef: Ground beef, roasts, etc.
Chicken, cuts you use
Boneless pork chops
Link and/or bulk sausage
Bacon
Breads and rolls
Flour tortillas
Corn tortillas
Non-dairy topping
Walnuts, Pecans, Almonds
Ice cream or frozen yogurt
Frozen fruits

Produce

White potatoes
Sweet potatoes or yams
Onions
Garlic
Sweet peppers
Fresh mushrooms
Lettuce
Cucumbers
Tomatoes
Carrots
Celery
Apples
Oranges
Lemons
Limes
Bananas

Dry Goods

All-purpose flour
Whole wheat flour (Keep in freezer for longer shelf life)
Cornmeal and muffin mixes
Granulated sugar
Powdered sugar
Brown sugar
Baking soda
Baking powder
Yeast (Keep in freezer for longer shelf life)
Cornstarch
Unsweetened cocoa
Unsweetened chocolate
Semi or bitter sweet chocolate
Chocolate chips
Biscuit mix
Minute tapioca
Vegetable shortening and oils: Olive, Canola, etc.
Oatmeal
Cereals, your choice
Crackers: Saltines, Grahams, etc.
Pastas (such as): spaghetti, Lasagna, Fettuccini, Elbows, etc.
Egg noodles
Long grain rice
Brown rice
Beans, dried: Kidney, Great Northern, Pinto
Lentils and Split peas
Onion soup mix

Canned and Bottled Goods

Whole tomatoes
Tomato paste and sauce
Crushed tomatoes
Chicken broth
Soups: Condensed cream of mushroom, cream of chicken, tomato, etc.
Canned fruits
Pie fillings
Worcestershire sauce
Soy sauce
Vinegars: white distilled, cider, Balsamic, etc.
Meats: Tuna, Salmon, Chicken, Ham, Corned Beef, etc.
Canned Vegetables: Green beans, Corn, Carrots, etc.
Canned Beans: Kidney beans, Great Northern, Pinto, Refried, etc.
Evaporated milk
Peanut butter
Assorted pickles
Olives
Salsa
Corn syrups, light and dark
Pancake syrup
Honey
Vanilla and other flavorings you might use: Almond, Peppermint, etc.
Bouillons: chicken, beef, and vegetable

Dried Herbs

Parsley
Oregano
Basil
Rosemary
Thyme
Rubbed sage
Marjoram
Bay leaves
Tarragon
Dill weed
Dill seed
Onion powder
Minced onions
Garlic powder
Minced garlic

Spices

Peppercorns
Coarse salt
Iodized salt
Onion salt
Garlic salt
Cinnamon sticks
Ground cinnamon
Ground and/or whole nutmeg
Ground cloves
Whole cloves
Ground turmeric
Ground allspice
Pickling spice
Mustard seed
Dry mustard
Cayenne pepper
Celery seed
Caraway seeds
Fennel seeds
Ground ginger
Ground cumin
Ground sweet paprika