

30 BASIC AND CHEAP Pantry Staples

Shelf stable items

Chicken Broth
Beef Broth
Vegetable Broth
Dry Beans (pinto, kidney, butter)
Rice
Pasta
Diced Tomatoes
Pasta Sauce
White Sugar
Brown Sugar
All Purpose Flour
Yeast
Cocoa
Baking Soda
Baking Powder
Oats
Shelf Stable Milk
Peanut Butter
Olive Oil
Spices (garlic powder, onion powder,
salt, black pepper)

Non shelf-stable items

Potatoes
White onions
Carrots
Eggs
Milk
Butter
Cheese
Frozen Veggies
Ground Beef
Chicken