

Your Home Pantry



Basics



Pasta
Noodles
Rice
Flour
Rolled oats
Vinegar
Oil (olive, canola, peanut)
Sugar
Peanut butter
Soy sauce
Honey
Mustard
Stock (veggie, beef, chicken)

Canned



Tuna and other fish (salmon, sardines)
Corn
Tomatoes
Tomato paste
Beans (kidney, black etc)
Baked beans
Lentils
Chickpeas
Coconut milk
Olives or capers
Fruit (peaches, apricots, pineapple)

Fruit & Veg



Potatoes
Carrots
Pumpkins
Tomatoes
Salad greens
Onions
Garlic
Ginger
Mushrooms
Capsicum
Apples
Oranges
Bananas

Tips to save \$



Freeze meat that's on special or close to its use-by date to cook later



Buy vegetables that are in season – they're fresher and cheaper



Use herbs & spices to add variety to meals you make often

Fridge



Milk
Cheddar cheese
Parmesan cheese
Yoghurt
Eggs
Bacon
Butter or margarine

Freezer



Frozen corn
Frozen peas
Frozen mixed vegetables
Frozen berries
Minced meat
Chicken
Fish
Ice cream

Dried Herbs & Spices



Pepper	Basil
Salt	Thyme
Paprika	Rosemary
Cumin	Sage
Oregano	Parsley
Cinnamon	
Chilli powder	

My essentials
