

## The Basic Shelf – Ingredients that can be kept without refrigeration

### **Vegetables and Fruit**

- Root Vegetables: onions, carrots, potatoes
- Canned Vegetables (lower salt): corn, mushrooms, peas
- Canned Tomato products (lower salt): diced, sauce, paste
- Canned fruit (packed in juice) – peaches, pears, pineapple, fruit cocktail

### **Grain Products**

- Rice: brown rice, white rice, barley
- Pasta (whole wheat or white): macaroni, spaghetti, lasagna, egg noodles
- Dry Bread crumbs
- Cereals: Cream of wheat, rolled oats

### **Meat and Alternatives**

- Canned Beans: kidney, navy, black, chick peas, brown lentils, pinto
- Dried beans: split peas, navy beans, brown lentils, kidney beans
- Peanut butter, non-peanut butter (almond, soy)
- Canned Fish: tuna, salmon

### **Milk Products**

- Skim milk powder

### **Fats and Oils**

- Margarine (needs refrigeration)
- Vegetable oil

### **Baking Ingredients**

- Flour: All purpose, whole wheat
- Sugar: white granulated, brown
- Baking powder
- Baking soda
- Corn Starch
- Vanilla
- Raisins

### **Seasonings**

- Seasonings: salt, pepper, garlic powder, cinnamon, Italian seasoning, chili powder, thyme
- Dry mustard
- Bouillon cubes or powder : chicken, beef, vegetables
- Soy sauce
- Vinegar
- Worcestershire sauce
- Ketchup