



# PIONEER PANTRY STAPLES



## GRAINS & FLOURS

Unbleached white flour  
 Whole wheat flour  
 Wheat berries  
 Spelt berries  
 Rolled Oats  
 Cornmeal  
 Rice

## BAKING SUPPLIES

Baking powder  
 Baking soda  
 Cornstarch  
 Cream of tartar  
 Yeast  
 Cocoa powder  
 Chocolate Chips  
 Baking chocolate  
 Vanilla extract  
 Almond Extract

## SWEETENERS

Honey  
 Maple Syrup  
 Molasses  
 Sugar  
 Brown sugar  
 Confectioner's sugar

## OILS

Coconut oil  
 Olive oil  
 Palm oil  
 Others: Avocado,  
 Grapeseed,  
 Sunflower,  
 Walnut

## HERBS & SPICES

Allspice  
 Basil  
 Black pepper  
 Cayenne pepper  
 Chili powder  
 Chives  
 Cinnamon  
 Cumin  
 Cloves  
 Dried minced onion  
 Dill  
 Fennel  
 Herbs de Provence  
 Garlic powder  
 Ginger  
 Italian Seasoning  
 Marjoram  
 Mustard, ground  
 Nutmeg  
 Oregano  
 Parsley  
 Paprika  
 Rosemary  
 Red pepper flakes  
 Sage  
 Taco seasoning  
 Tarragon  
 Thyme

## LEGUMES

Pinto beans  
 Kidney beans  
 Navy beans  
 Black/red/lima beans  
 Split peas

## NUTS & SEEDS

Almonds  
 Walnuts  
 Pecans  
 Peanuts  
 Peanut butter  
 Coconut flakes  
 Sunflower seeds  
 Flax seeds  
 Sesame seeds

## DRIED FRUITS

Raisins or currants  
 Golden raisins  
 Dried cranberries  
 Dates  
 Others: dried apricots,  
 berries, cherries,  
 prunes, pineapple

## VEGETABLES

Potatoes  
 Sweet potatoes  
 Onions  
 Garlic  
 Squashes

## PRESERVES

Jams & jellies  
 Fruit syrups  
 Pickles  
 Salsa  
 Mincemeat

## CANNED GOODS

Tomatoes: whole,  
 diced, sauce, paste  
 Corn  
 Beets  
 Pumpkin  
 Beans  
 Applesauce  
 Peaches, apricots,  
 cherries, etc.

## MISCELLANEOUS

Coffee  
 Tea  
 White vinegar  
 Red wine vinegar  
 Apple cider vinegar  
 Worcestershire  
 sauce  
 Soy sauce  
 Dried vegetables  
 Vegetable soup base  
 Pasta  
 Granola/ cereal  
 Granola bars  
 Crackers/ pretzels