

Non-Perishable Staples to Keep on Hand

Quantity	Item
	WW pastas (spaghetti, macaroni)
	WW noodles
	Brown rice
	Boxed instant rice (low Na, WG)
	WW couscous
	WG granola bars
	WG crackers
	Cookies
	Popcorn
	Plain nuts
	Beef and chicken bouillon
	Cream of chicken soup (LF)
	Cream of mushroom soup (LF)
	Stewed tomatoes
	Diced tomatoes
	Tomato paste
	Marinara sauce
	Tomato sauce
	Dried beans
	Canned beans
	Natural peanut butter
	Canned white-meat chicken
	Canned tuna in water
	Canned mushrooms
	Canned olives
	Canned jalapeño peppers
	Refried beans
	Dried fruit
	Canned fruit
	Vegetable oil
	Olive oil
	White flour
	Bread flour
	WW flour
	Sugar
	Brown sugar
	Powdered sugar
	Sugar substitute
	Non-stick spray
	Kosher salt
	Salt

	Pepper
	Milled flax seed
	Cornstarch
	Baking soda
	Baking powder
	Cocoa powder
	Spices
	WG bread crumbs
	Cornmeal
	Vinegars
	Honey
	Chocolate chips
	Baked chips or Sun Chips
	Pretzels
	Oats
	Taco shells
	Sweet and condensed milk
	Evaporated canned milk
	Dry milk powder
	Sugar-free maple syrup
	Ranch dressing mix
	Onion soup mix
	Taco seasoning
	SF pudding and gelatin mix
	WG cereal
	Instant low-sugar oatmeal
	Canned chili
	Soup mixes

***Key:**
 LF=low fat
 Na=sodium
 WG=whole grain
 WW=whole wheat
 SF=sugar free