

## Noel's Pantry Staple List

From Noel's Kitchen Tips  
www.noelskitchentips.com

\*Purchased in bulk at Costco or other bulk store warehouse

+Stored in Freezer

\*\*From the Garden    ♦ Emergency food staple

### Spices/Seasonings

Salt\*

Pepper

Garlic Powder\*

Lemon Pepper

Sweet Basil\*

Italian large Leaf Basil\*\*

Siam Queen Basil\*\*

Dill

Fernleaf Dill\*\*

Thyme\*

Rosemary

Parsley

Bay Leaves

Chili powder\*

Crushed Red Pepper\*

Cayenne Pepper

Ginger

Cinnamon\*

Nutmeg

Allspice

Pumpkin Pie Spice

Cream of Tartar

Oregano\*

Dry Minced Onion

Dry Mustard

Paprika

Onion Powder\*

Italian Seasoning\*

Ground Turmeric

Tarragon Leaves

Homemade Spaghetti Seasoning

[Homemade Taco Seasoning Mix](#)

Sesame Seeds  
Seasoned Salt  
Frank's Hot Sauce (there's always coupons for this hot sauce)  
Homemade Onion Soup Mix  
Homemade Italian Dressing Mix  
Homemade Ranch Dressing Mix  
Bouillon in a jar or canister (chicken, beef and vegetable)

### **Grains**

Flax Seed+  
Regular all-Purpose Flour\*  
Whole Wheat Flour\*  
Oat Bran  
Oats\*  
Oat Flour (grind up regular oats in food processor)  
Masa  
Homemade Tortilla Mix (Ready Made Mix)  
Cornmeal  
White Rice\*  
Brown Rice  
Popcorn Kernels

### **Pasta**

Lasagna Noodles  
Spaghetti Noodles\* (also used in some of my Ready Made Meals)  
Egg Noodles  
Macaroni Noodles  
Manicotti Shells  
Penne  
Bow Tie Pasta  
Ramen Noodles

### **Legumes**

Black Beans\*+  
Pinto Beans\*+  
Kidney Beans\*+  
Navy Beans  
Garbanzo aka Chickpea Beans\*

*I also buy canned beans for food storage when beans are on sale. When I get a new pressure cooker, I will start canning the beans for storage.*

### **Sugars**

White Granulated Sugar\*  
Powdered Sugar  
Pure Cane Sugar  
Brown Sugar\*  
Honey  
Maple Syrup  
Molasses  
Karo Light Corn Syrup  
Agave Syrup

### **Oil**

Vegetable Oil  
Canola Oil  
Extra Virgin Olive Oil  
Garlic Oil  
Sesame Oil

### **Vinegars**

White Vinegar\*  
Apple Cider Vinegar  
Balsamic Vinegar  
Red Wine Vinegar

### **Baking Items**

Vanilla Extract  
Almond Extract  
Peppermint Extract  
Gelatin  
Instant Jello  
Instant Pudding  
Baking Powder\*  
Baking Soda\*  
Cream of Tartar  
Cornstarch\*  
Active Dry Yeast\*+  
Cocoa Powder  
Sweetened Condensed Milk

Semi-Sweet Chocolate Chips\*+  
Milk Chocolate Chips+  
Peanut Butter Chips  
White Chocolate Chips  
Dried Fruit - Raisins\*, Craisins\*  
Nuts - Almonds\*, Walnuts, Peanuts, Pecans  
Crisco Regular Shortening  
Crisco Butter Flavored Shortening  
Quick Oats  
Homemade Bread Crumbs+  
Evaporated Milk  
Variety of Sprinkles  
Special Candies (special occasions like birthdays or anniversaries)

### **Pantry Foods**

Diced Tomatoes\*♦ (eventually will can my own)  
Tomato Sauce\*♦ (eventually will can my own)  
Tomato Paste  
Canned Fruits - Pears, Peaches, Fruit Cocktail\*, Mandarin Oranges, Pineapple  
[Homemade Applesauce](#)♦  
Canned Vegetables - Yams, Green Beans\*, Corn\*, Peas, Mushrooms+, Pumpkin, Green Chiles (eventually will can my own)♦  
Canned Tuna♦  
Canned Chicken♦  
Enchilada Sauce -Green  
[Homemade Salsa](#)  
Creamy Peanut Butter\*♦  
Jam/Jelly - Strawberry, [Homemade Apple Butter](#), [Homemade Apple Pumpkin Butter](#), Grape, Apricot, [Homemade Blueberry Butter](#)  
Ketchup  
Mustard - Yellow, Dijon and Spicy Brown  
Homemade BBQ Sauce - (BBQ Sauce from the grocery store if it's on sale)  
Worcestershire Sauce  
Soy Sauce  
Teriyaki Sauce  
Chili Sauce  
Mayonnaise  
Pickles - Dill, Bread & Butter Chips  
Homemade Pancake Mix (Ready Made Mix)  
[Homemade Rice-a-Roni Packets](#)  
Fruit Juice - Apple\*, Orange\*  
Capri Suns -great for traveling or on the go  
Parmesan Cheese

Green Salsa

Red Salsa

[Homemade Cream of "Something" Soup Mix](#) (Ready Made Mix)

Pantry Produce Items – Yellow Onions, Red Onions, Potatoes (Russet and Red), Garlic

### **Freezer/Fridge Items**

Most of these items are stored in my freezer and moved to my fridge when ready to use

Butter+

Whipping Cream+

Milk+

Meats – Chicken, Ground Turkey, Ground Beef, Whole Fryer Chicken, Pork Chops, Meatballs, Salmon, Tilapia, Deli meat for sandwiches (I stock up when the store offers BOGO deals in the meat department)

Cheese – Cheddar\*+, Mozzarella\*+ (It's cheaper in the long run to shred your own cheese, however when the packages of shredded cheese are on sale or I have a coupon, I'll keep a bag or two on hand of the Pizza Blend. I DO NOT freeze block cheese as it tends to crumble after being frozen.)

Cream Cheese+

Frozen Juice Concentrate+ - Orange, Apple, Cranberry or Grape

Frozen Vegetables\*+ - Green beans, Brussels Sprouts, Spinach, Mixed Vegetables, Peas, Broccoli, Cauliflower, Stir Fry Veggies.

Tortillas\*+ - Flour and Corn (See also Ready Made Mixes)

Bread – Loaves (Basic White and Wheat), Hamburger Buns, Hot Dog Buns, Dinner Rolls, [Biscuits](#), Garlic Toast, etc (We for the most part bake our own breads, etc and hardly ever buy any bread items from the grocery store.)

Frozen Fruit – berries, smoothie fruits+ (we visit the farmer's market often during the summer)

Sour Cream

Cottage Cheese

[Homemade Yogurt](#)+ –We also buy from the grocery store when it's on sale. The kids love the Yoplait Gogurts. They are great to freeze and go!

Eggs

[Homemade Coffee Creamer](#)

### **Snacks**

Here are items I keep on hand for a quick snack time or to go with meals

Crackers – Graham, Saltines

Dried Fruit – Raisins, Craisins, Apricots, Banana Chips

[Homemade Granola Bars](#)

[Homemade Granola](#)

Trail Mix (made by me)  
[Homemade Jello Fruit Snacks](#)

### **Cereal/Oatmeal**

Bran Flakes  
Shredded Wheat  
[Homemade Instant Oatmeal Packets](#) (variety flavors)  
Oat Bran  
Cream of Wheat  
Grits

### **Ready Made Mixes**

These are just some of my favorite Ready Made Mixes to have on hand in the pantry.

Cornmeal Mix  
Tortilla Mix  
Pancake Mix  
[Yellow Cake Mix](#)  
Hot Roll Mix  
Ready Hamburger Mix  
Meat Sauce Mix - This is a fantastic Ready Made Mix to use on busy weeknights!  
Brownie Mix  
[Cream of "Something" Soup Mix](#)