



Pantry Staples List

Pantry staples are foods frequently found in home kitchens. The amount listed after each item is the amount needed for a family of four, for both weeks of the menu. Items may be used in Week 1, Week 2, or both.

Baking Supplies

- Baking powder, 3.5 tsp
- Baking soda, 4 tsp
- Brown sugar, 1 cup + 2 Tbsp (~1/2 lb)
- Sugar, granulated, 2½ cups (~2 lbs)
- All-purpose flour, 8¼ cups (~3 lbs)
- Whole wheat flour, 1 cup (~ 1/3 lb)
- Salt, 2¼ Tbsp (~1 oz)
- Vanilla extract, 2 tsp (~ 1/3 oz)
- Olive oil*, 2⅓ Tbsp (~2 oz)
- Canola oil*, 3½ cups (28 oz)
- Vegetable oil
- Shortening*, ½ cup (~4 oz)
- Buttermilk, fat-free or lowfat*, ¼ cup (2 oz)
- Butter*, 1 Tbsp (1/2 oz)
- Margarine, stick, 1.5 cups + 1 Tbsp (~13 oz)

Condiments

- Mayonnaise, 1 3/8 cups (~11 oz)
- Mustard, yellow*, 5 oz
- Vinegar*, 6 oz
- Tabasco/hot sauce*, 3/8 tsp (~1/8 oz)
- Honey Mustard*, 2 Tbsp (1.5 oz)
- Soy sauce, 1 Tbsp (1/2 oz)

Dry/Canned

- Jelly, 16 Tbsp (~11 oz)
- Peanut butter, 2 cups (18 oz)
- Popcorn, kernels, 1 cup (5 oz)
- Corn meal, dry, 1½ cups (7 oz)
- Dry milk, nonfat, 2/3 cup (~3 oz)
- Pancake syrup*, 6 oz
- Tea bags, 8
- Coffee, ground, 11 Tbsp (~6 oz)
- Maple syrup*, ¼ cup (~ 3 oz)
- Honey*, ¼ cup (3 oz)
- Cornflakes, ½ cup (4 oz)

Spices*

- Basil, dried, 1½ tsp
- Black pepper, ground, 1 tsp
- Cayenne pepper, ground, ¼ tsp
- Chili powder, ground, 4 tsp
- Cinnamon, ground, 1½ tsp
- Cumin, ground, 1 tsp
- Garlic powder, ground, 2 Tbsp
- Nutmeg, ground, 1/8 tsp
- Onion powder, dried, 4 tsp
- Oregano, dried, 4 tsp
- Parsley, dried, 1 tsp
- Rosemary, dried, ½ tsp
- Sage, ground, ½ tsp
- White pepper, ground, ¼ tsp