



# three month supply list

A well-stocked three-month pantry allows you to cook and enjoy most recipes without running to the store!

*When you buy, consider buying two—one to use and one to store. The best grocery sales come before holidays. Save money toward these sales. This list will help you decide what items to stock; modify it to suit your family.*

## Baking Ingredients

Baking chips (butterscotch, milk chocolate, semisweet, white, etc.)  
Baking chocolate squares (semisweet, unsweetened)  
Baking powder  
Baking soda  
Cocoa  
Coconut  
Corn meal  
Corn syrup  
Cornstarch  
Cream of tartar  
Extracts (almond, maple, mint, vanilla)  
Flour (all-purpose, bread, etc.)  
Food coloring  
Gelatin (flavored, plain)  
Honey  
Marshmallows  
Milk (evaporated, sweetened condensed)  
Molasses  
Nonstick cooking spray  
Nuts (almonds, peanuts, pecans, walnuts)  
Oil (olive, vegetable)  
Pie filling  
Salt and Pepper  
Shortening  
Spices (cinnamon, ginger, nutmeg, etc.)  
Sugar (brown, confectioners', granulated)  
Tapioca, quick-cooking  
Yeast

## Baking Mixes

Biscuit  
Brownie  
Cake  
Corn bread  
Frosting, canned

Muffin  
Pancake  
Pudding, instant  
Quick bread

## Canned or Bottled Foods

Applesauce  
Beans (black, great northern, kidney, pinto, etc.)  
Broth (beef, chicken)  
Fruits (fruit cocktail, mandarin oranges, peaches, pears, pineapple, etc.)  
Green chilies  
Jam and Jelly  
Ketchup  
Meats (beef, chicken, ham, etc.)  
Mushrooms  
Olives  
Peanut butter  
Prepared entrées (chile, ravioli, spaghetti, soups, stews, etc.)  
Salsa  
Sauces (Alfredo, cheese, picante, spaghetti, etc.)  
Soups, condensed (chicken, mushroom, celery, etc.)  
Tomatoes (diced, paste, sauce, stewed)  
Tuna  
Vegetables (Corn, green beans, peas)

## Dried Fruits and Veggies

Apples  
Apricots  
Carrots  
Celery  
Cranberries  
Dates  
Onions  
Garlic

Peppers (bell, hot, etc.)  
Prunes  
Raisins  
Tomatoes

## Seasonings

Bouillon granules (beef, chicken)  
Browning and seasoning sauce  
Hot pepper sauce  
Onion soup mix  
Seasoned salt  
Soy sauce  
Taco seasoning  
Vinegar (balsamic, cider, red wine, white, etc.)  
Worcestershire sauce

## Starches

Bread (pita, sandwich)  
Bread crumbs, dry  
Crackers (graham, soda, etc.)  
Croutons  
Noodle mixes  
Pasta (noodles, macaroni, penne, spaghetti, etc.)  
Rice, instant  
Rice mixes  
Stuffing mix

## Storage, Long-Term\*

Dried beans (black, kidney, navy, pinto)  
Nonfat dry milk powder  
Oats (regular, Instant)  
Potato (flakes, Pearls)  
Rice (instant, long grain etc.)  
Wheat (red or white)  
Egg powder

\*Long-term storage items: In addition to the LDS cannery, where you can your own items; some items can be bought pre-canned from [www.ldscatalog.com](http://www.ldscatalog.com) and shipped to you. The website also offers a great long-term storage Starter Kit of six #10 Cans—2 red wheat, 2 white rice, 1 pinto beans, and 1 quick oats.

For more tips and tricks for using food storage everyday,  
visit [www.everydayfoodstorage.NET](http://www.everydayfoodstorage.NET)

everyday...  
food storage