

GROCERY LIST

PANDEMIC FOOD PLANNING

CANNED GOODS

- corn
- pumpkin puree
- sliced beets
- artichoke hearts
- sundried tomato OR roasted red pepper (in oil)

PRODUCE

- garlic bulb
- kale
- apples
- carrots
- onion
- potato
- sweet potato
- celery
- cucumber

DRIED HERBS AND SPICES

- mint
- cumin
- garam masala
- italian herb blend
- salt
- pepper
- bay leaves
- thyme
- rosemary
- cilantro
- ginger
- coriander
- tumeric

REFRIGERATED

- feta cheese
- cheddar cheese
- parmesan cheese
- milk
- eggs
- sour cream OR yogurt

GRAINS/PULSES (CAN OR DRIED)

- French, green or brown lentils
- barley
- couscous
- quinoa
- rice
- kidney/romano beans
- chickpeas
- rotini/elbow noodles

CONDIMENTS

- mustard
- vegetable/canola oil
- lemon juice
- rice wine vinegar or white wine vinegar
- red wine vinegar
- apple cider vinegar
- balsamic vinegar
- honey or maple syrup
- Worcestershire sauce
- broth (can, carton, or bouillon)

NUTS, SEEDS, DRIED FRUIT

- slivered almonds
- dried apricot
- sunflower seeds
- dried cranberries
- raisins

FROZEN

- chopped spinach
- diced vegetable medley
- corn
- green beans
- cauliflower
- broccoli