

# Pantry Staples

- Jodi Danen, RDN | Create Kids Club

- Nuts & Seed Butters
- Canned Tuna/Salmon
- Whole Grain Pasta & Rice
- Dried Lentils & Canned Beans
- Jarred Pasta Sauce & Diced Tomatoes, Salsa
- Garlic Powder, Onion Powder, Italian Seasoning, Cumin, Chili Powder, Red Pepper Flakes, Salt, Pepper
- Soy Sauce
- Broth/Stock
- Ketchup, Mustard, BBQ Sauce, Honey
- Dried Fruit
- Low Sodium Canned Veggies
- Canned Fruit in fruit juice
- Olive Oil
- Potatoes & Onions
- Flour, Sugar (granulated and brown), Baking Soda, Baking Powder, Vanilla Extract
- Oatmeal, Cereal
- Whole Grain Crackers
- Granola Bars