

# #LetsCook30

## Basic Pantry Items

These items are frequently used in many recipes and generally have a longer shelf life. Use this list as a guide and slowly customize your pantry to your needs.

### The basics:

#### Oils, Vinegars, Sauces and Condiments:

- Olive oil
- Canola or vegetable oil
- Sesame oil
- Reduce sodium soy sauce
- White vinegar
- Balsamic vinegar
- Red wine vinegar
- Apple cider vinegar
- Honey
- BBQ sauce
- Sriracha or hot sauce
- Hoisin sauce
- Mustard - yellow, Dijon
- Mayonnaise

#### Spices and Dried Herbs:

- Salt
- Pepper
- Cinnamon
- Nutmeg
- Cumin
- Paprika
- Black pepper
- Salt
- Red pepper flakes
- Cayenne pepper
- Curry powder
- Turmeric
- Garlic powder
- Onion powder
- Basil
- Oregano
- Thyme

#### Canned and Jarred Goods:

- Can tomatoes
- Tomato paste
- Tomato sauce
- Pasta sauce
- Beans - chickpeas, black beans, kidney beans
- Lentils
- Tuna
- Chicken or vegetable reduced sodium broth

#### Pasta, Grains and Rice:

- Brown rice
- Rolled oats
- Quinoa
- Whole grain pasta- long (spaghetti) and short (macaroni)

#### Baking Supplies:

- Flour - white, whole wheat
- Sugar - white, brown
- Baking powder
- Baking soda
- Cornstarch
- Vanilla

#### Pantry Produce:

- Garlic
- Onions
- Ginger

## PUBLIC HEALTH

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