

# Pantry Staples

## Spices & Seasonings

Garlic Powder	\$1.00
Onion Powder	\$1.00
Powdered Ginger	\$1.00
Curry Powder	\$1.00
Cayenne Pepper	\$1.00
Basil	\$1.00
Oregano	\$1.00
Thyme	\$1.00
Rosemary	\$1.00
Red Pepper Flakes	\$1.00
Chili Powder	\$1.00
Ground Cinnamon	\$1.00
Ground Nutmeg	\$1.00
Paprika	\$1.00
Sage	\$1.00
Parsley	\$1.00

## Pasta & Grains

Spaghetti & Other Pasta	\$0.75
Oatmeal	\$0.80-\$1
Rice	\$1 /lb or less

## Baking Ingredients

Baking Powder	\$1.00
Baking Soda	\$0.75
Cornstarch	\$1.00
White Flour	\$1.40 5 lb bag
Whole Wheat Flour	\$1.50 4-5 lb bag
Unsweetened Cocoa	\$2.50
White Sugar	\$1.50 or less 5 lb bag
Brown Sugar	\$0.75 16 oz.
Yeast	Free
Vanilla Flavoring	\$1.50

## Condiments

Honey	\$1.50
Tabasco Sauce	Free
Soy Sauce	\$0.50
Ketchup	\$0.40

Worcestershire Sauce	\$0.35
Mayonnaise	\$1.00
Vegetable or Canola Oil	\$1.50
Olive Oil	\$3.99
Cooking Oil Spray	\$1.50
Apple Cider Vinegar	\$2.00
Red Wine Vinegar	\$1.50
Mustard	Free

## Fresh Produce

Onions	\$0.99 per lb
Garlic	\$0.25 or less for fresh
Potatoes	\$0.59 per lb

## In the Refrigerator

Cheddar Cheese (8 oz)	\$1.50/8 oz
Eggs	\$1.19/1 doz.
Milk or Soymilk	\$2.75/1 gal
Sour Cream	Free-.30/8-16 oz
Butter	\$1.20/1 lb

## In the Freezer

Cooked Beans	\$0.99 /lb
Cooked Rice	
Chicken Breast	\$0.99-1.99 lb
Cheese (for baking only)	
Hamburger	\$2.00 lb
Other Meats	

## On the Shelf

Canned Tuna	\$0.50
Canned Diced Tomatoes	\$0.40
Tomato Sauce	\$0.50
Tomato Paste	Free
Raisins	\$0.75-\$1.50
Lemon Juice	\$1.00
Chicken Broth or Bouillon	Free - \$2
Beef Broth or Bouillon	Free - \$2
Cream of Soups	\$0.35

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