



## Common Pantry Staples List

This is a list of pantry staples commonly found in Community Kitchens.

Pantry		Onions	Fridge
Flour – plain & self-raising		Garlic	Milk
Baking powder		Chilli sauce	Margarine or butter
Bicarb soda		Tomato paste	Eggs
Cornflour		Soy sauce	Cheese
Skim milk powder		Vinegar	Mayonnaise (low fat)
Evaporated milk		Pepper	Plain yogurt
Sugar	Chilli powder	<b>Freezer</b>	
Rice	Curry powder	Frozen vegetable mix	
Pasta	Mixed herbs	Bread	
Dried noodles	Mixed spice	Filo pastry	
Canned tomatoes	Nutmeg	Peas	
Canned soup (e.g. tomato)	Cinnamon	Pizza bases	
Canned fish (e.g. tuna)	Oregano		
Canned or dried beans (e.g. kidney beans, 3 bean mix, baked beans)	Basil		
Olive/canola oil	Sweet chilli sauce		
Olive/canola oil spray	Plastic wrap		
Stock powder/cubes	Foil		