

With the following foods, you can make all of the recipes in this collection. If you plan on only using some of the recipes in the collection, check off the foods you will need to keep on hand.

In Your Pantry	In Your Cupboard	In Your Refrigerator	In Your Freezer
<input type="checkbox"/> white rice <input type="checkbox"/> cornmeal <input type="checkbox"/> white flour <input type="checkbox"/> whole wheat flour <input type="checkbox"/> bread crumbs, seasoned <input type="checkbox"/> onions <input type="checkbox"/> potatoes <input type="checkbox"/> tomatoes (canned, diced) <input type="checkbox"/> peas (canned) <input type="checkbox"/> corn (canned) <input type="checkbox"/> creamed corn (canned) <input type="checkbox"/> apples <input type="checkbox"/> peach halves (canned) <input type="checkbox"/> cranberry sauce (whole) <input type="checkbox"/> pineapple (crushed) <input type="checkbox"/> fruit cocktail (in juice) <input type="checkbox"/> raisins <input type="checkbox"/> evaporated skim milk <input type="checkbox"/> dry milk <input type="checkbox"/> cream of mushroom soup <input type="checkbox"/> split peas (dry) <input type="checkbox"/> navy beans (dry) <input type="checkbox"/> garbanzo beans (canned) <input type="checkbox"/> tuna (canned) <input type="checkbox"/> chicken (canned) <input type="checkbox"/> water <input type="checkbox"/> sugar free Jell-O mix <input type="checkbox"/> pancake syrup* *only needed if making pancakes	<input type="checkbox"/> salt <input type="checkbox"/> pepper <input type="checkbox"/> thyme <input type="checkbox"/> cinnamon <input type="checkbox"/> baking powder <input type="checkbox"/> baking soda <input type="checkbox"/> bread (whole grain) <input type="checkbox"/> vegetable oil <input type="checkbox"/> vegetable oil spray <input type="checkbox"/> shortening <input type="checkbox"/> vinegar (cider) <input type="checkbox"/> sugar <input type="checkbox"/> brown sugar <input type="checkbox"/> vanilla extract	<input type="checkbox"/> milk <input type="checkbox"/> parmesan cheese <input type="checkbox"/> cheese (lowfat, shredded) <input type="checkbox"/> yogurt (plain) <input type="checkbox"/> eggs <input type="checkbox"/> carrots <input type="checkbox"/> celery <input type="checkbox"/> yeast <input type="checkbox"/> butter <input type="checkbox"/> mayonnaise (light)	<input type="checkbox"/> orange juice <input type="checkbox"/> bananas (mashed) <input type="checkbox"/> ground beef <input type="checkbox"/> mixed vegetables