

## HOW TO STOCK YOUR PANTRY FOR THE CORONAVIRUS AND A PANDEMIC PANTRY STAPLES

By Lady Behind The Curtain

- Dried Fruit: Perfect as a snack, added to trail mix or baked goods
- Freeze Dried Fruit: Amazing in oatmeal, smoothies or cold cereal.
- Nuts: A great way of getting protein. For snacks, baking and savory dishes
- Dry Cereal or Granola: A long shelf life
- Dried Beans: Another source of protein. Great in Soups, salads and casseroles
- Dried Rice: An inexpensive side dish. Delicious in soups, salads, casseroles and as a simple side dish
- Dried Pasta: Also inexpensive with a long shelf life. Perfect for soups, salads and casseroles.
- Canned Food Items: Vegetables (green beans, corn, tomatoes etc.), Fruit (peaches, pears, pineapple, applesauce etc.) Tomato sauce, Marinara Sauce, Spaghetti Sauce, Soup, baked beans, canned tuna
- Stock/Broth
- Condiments: Mayonnaise, Mustard, Olives, Ketchup etc.
- Jerky
- Snacks (popcorn, chips, crackers, fruit snacks etc.)
- Powdered Milk
- Dried Herbs
- Spices
- Seasoning Packets (chili, tacos, roast etc.)
- Long Lasting Vegetables: like carrots, onions, apples and potatoes
- Rehydration Drinks: Gatorade, Powerade etc.
- Juice
- Bottled Water (if you don't have a filter system)
- Oil: Vegetable, Canola or Olive
- Protein or Granola Bars
- Peanut Butter
- Jelly