

# Pantry Essentials for Families

## Proteins

Canned Lentils and Beans  
Canned Fish  
Dried Legumes (Chickpeas, Lentils, Beans)

## Vegetables

Frozen Peas, Broccoli,  
Mixed Veg etc  
Tetra Pak or Canned Corn,  
Spinach, Mixed Vegetables  
Canned Tomatoes

## Fruit

Canned Fruit  
Frozen Berries

## Carbs

Brown or White Rice  
Quinoa  
Pasta  
Noodles  
Oats

## Fats

Coconut Oil  
Olive Oil  
Vegetable Oil

## Snacks

Crackers and/or Biscuits  
Dried Fruit/Fruit Leathers  
Nuts  
Popcorn Kernels

## Cooking & Baking Basics

Baking Soda  
Baking Powder  
Salt  
Sugar  
Honey  
Flour  
Yeast  
Stock or Bone Broth  
Vinegar

## Dairy

UHT Milk or Dairy alternatives  
(Oat Milk, Nut Milk, Soya Milk)  
UHT Cooking Cream  
UHT Coconut Milk/Cream

## Condiments & Sauces

Tomato Sauce  
Soya Sauce  
Peanut Butter  
Jam  
Apple Sauce  
Ketchup

## Drinks

Water  
Coffee/Tea  
Juice



Sassy Mama

[www.sassymamasg.com](http://www.sassymamasg.com)