

The Coronavirus Food/Pantry Supplies Shopping List

<p>ESSENTIALS</p> <ul style="list-style-type: none"><input type="checkbox"/> Butter<input type="checkbox"/> Oils (olive, vegetable, and whatever else you cook with frequently)<input type="checkbox"/> Kosher salt<input type="checkbox"/> Pepper<input type="checkbox"/> Eggs<input type="checkbox"/> Dried Herbs/Spices (such as oregano, basil, thyme, rosemary, paprika, cinnamon, cloves, cumin, chili powder, garlic powder, onion powder)	<p>CANNED FOOD</p> <p><input type="checkbox"/> Canned Vegetables:</p> <ul style="list-style-type: none"><input type="checkbox"/> Beans (dried or canned: Cannellini, Chickpeas, Black beans, Kidney beans, Navy beans, Black-eyed peas, Refried beans, Lentils)<input type="checkbox"/> Peas<input type="checkbox"/> Corn<input type="checkbox"/> Green beans<input type="checkbox"/> Beets<input type="checkbox"/> Artichoke hearts<input type="checkbox"/> Spinach<input type="checkbox"/> Pumpkin<input type="checkbox"/> Canned tomatoes (crushed, whole, pureed, plus tomato paste)<input type="checkbox"/> Soups (keep your eye on the sodium levels, and get low-sodium if you can)<input type="checkbox"/> Canned Fruit (make sure they are tinned in 100% fruit juice, not syrup):<ul style="list-style-type: none"><input type="checkbox"/> Pears<input type="checkbox"/> Pineapples<input type="checkbox"/> Peaches<input type="checkbox"/> Applesauce<input type="checkbox"/> Canned fish:<ul style="list-style-type: none"><input type="checkbox"/> Tuna<input type="checkbox"/> Salmon<input type="checkbox"/> Sardines<input type="checkbox"/> Misc:<ul style="list-style-type: none"><input type="checkbox"/> Coconut milk<input type="checkbox"/> Diced green chilis<input type="checkbox"/> Chilis in adobo sauce
<p>CONDIMENTS</p> <ul style="list-style-type: none"><input type="checkbox"/> Mustard (Dijon and brown)<input type="checkbox"/> Hot sauce<input type="checkbox"/> Ketchup<input type="checkbox"/> Mayonnaise<input type="checkbox"/> Honey<input type="checkbox"/> Soy sauce	
<p>RICE</p> <ul style="list-style-type: none"><input type="checkbox"/> White rice<input type="checkbox"/> Wild rice<input type="checkbox"/> Jasmine<input type="checkbox"/> Basmati<input type="checkbox"/> Brown<input type="checkbox"/> Arborio	
<p>CEREAL</p> <ul style="list-style-type: none"><input type="checkbox"/> Bran cereals<input type="checkbox"/> Oatmeal<input type="checkbox"/> Your favorite cereal!	

<p>FROZEN FOODS</p> <p><input type="checkbox"/> Frozen Vegetables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Corn <input type="checkbox"/> Peas <input type="checkbox"/> Edamame <input type="checkbox"/> Butternut squash <input type="checkbox"/> Green beans <input type="checkbox"/> Vegetable mixes <input type="checkbox"/> Spinach <input type="checkbox"/> Riced Cauliflower <p><input type="checkbox"/> Frozen fruit:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Melon <input type="checkbox"/> Berries <input type="checkbox"/> Pineapple <input type="checkbox"/> Mangos <input type="checkbox"/> Peaches <p><input type="checkbox"/> Prepared Frozen Foods:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Frozen pizzas <input type="checkbox"/> Chicken pot pies <input type="checkbox"/> Meatballs <input type="checkbox"/> Chicken Strips <input type="checkbox"/> Lasagna 	<p>FRESH PRODUCE</p> <p><input type="checkbox"/> Fruits:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple <input type="checkbox"/> Bananas <input type="checkbox"/> Pears <input type="checkbox"/> Grapefruit <input type="checkbox"/> Oranges (navel, juice oranges, clementines, mandarins) <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Mangos <input type="checkbox"/> Grapes <p><input type="checkbox"/> Vegetables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cauliflower <input type="checkbox"/> Broccoli <input type="checkbox"/> Winter squashes (like butternut) <input type="checkbox"/> Carrots <input type="checkbox"/> Parsnips <input type="checkbox"/> Rutabagas <input type="checkbox"/> Turnips <input type="checkbox"/> Potatoes (sweet, Yukon gold, russet) <input type="checkbox"/> Onions <input type="checkbox"/> Shallots <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <p>Also of note: refrigerated cooked jackfruit and prepared guacamole.</p>
<p>WHOLE GRAINS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Farro <input type="checkbox"/> Quinoa <input type="checkbox"/> Spelt <input type="checkbox"/> Wheat berries <input type="checkbox"/> Bulgur wheat <input type="checkbox"/> Freekeh <input type="checkbox"/> Brown rice <input type="checkbox"/> Teff 	<p>NUTS AND SEEDS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cashews <input type="checkbox"/> Peanuts <input type="checkbox"/> Almonds <input type="checkbox"/> Pistachios <input type="checkbox"/> Chia Seeds <input type="checkbox"/> Hemp Seeds <input type="checkbox"/> Pumpkin Seeds <input type="checkbox"/> Nut butters (peanut, almond, hazelnut, or if no nuts, sunflower butter)

MEAT

- Chicken:
 - Chicken breasts and thighs (to save space, go for boneless)
- Beef:
 - Ground beef
 - Eye or round or other roast cut
 - Brisket
 - Corned beef
 - London Broil
- Turkey:
 - Ground turkey
 - Turkey breast
- Pork:
 - Ground pork
 - Pork butt or shoulder (try to get boneless so you are not storing an extra-large piece of meat)
 - Pork chops
 - Pork loin
- Sausage and Cured Meats:
 - Dried sausages
 - Rope sausages
 - Kielbasa (turkey or pork or beef)
- Fish and Seafood (you can freeze fish and seafood or buy it frozen):
 - Salmon
 - Tilapia
 - Cod
 - Halibut
 - Shrimp
- Tofu or other soy products

HARD CHEESES

- Cheddar
- Manchego
- Parmesan
- Grana Padano
- Pecorino
- Shredded Cheeses (also note you can freeze shredded cheese)

DAIRY

- Milk (lactose free milk tends to last longer than milk with lactose)
- Cream
- Half and half
- Buttermilk
- Sour cream
- Cottage Cheese
- Cream cheese

BREAD AND STARCHES

Bread lasts longer in the fridge, and even longer in the freezer.

- Popcorn (kernels or microwave or Jiffy Pop for fun)
- Crackers
- English Muffins
- Packaged Sliced Breads

BROTH

Go for the reduced sodium version; Better Than Bouillon is a stock concentrate, and it takes up much less room than boxed.

- Chicken
- Beef
- Vegetable

<p>DRIED AND FREEZE-DRIED FRUIT AND VEGETABLES</p> <p>Make sure there is no added sugar, as dried fruit is plenty sweet enough.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sundried Tomatoes <input type="checkbox"/> Dried Mushrooms <input type="checkbox"/> Apricots <input type="checkbox"/> Prunes <input type="checkbox"/> Raisins <input type="checkbox"/> Cranberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Mangos <input type="checkbox"/> Papaya <input type="checkbox"/> Dates <input type="checkbox"/> Figs 	<p>PASTA</p> <p>Also think about whole wheat or whole grain pasta for more nutritional bang, or even bean-based pastas, and make sure to stock up on gluten free pasta if that's a need in your house.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Macaroni <input type="checkbox"/> Shells <input type="checkbox"/> Orecchiette <input type="checkbox"/> Ziti <input type="checkbox"/> Penne <input type="checkbox"/> Rigatoni <input type="checkbox"/> Spaghetti <input type="checkbox"/> Fettuccine <input type="checkbox"/> Linguine <input type="checkbox"/> Rotini <input type="checkbox"/> Radiatore <input type="checkbox"/> Orzo <input type="checkbox"/> Couscous <input type="checkbox"/> Packaged Mac & Cheese (no judgement here, ever)
<p>BAKING ITEMS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flour (all-purpose, whole wheat) <input type="checkbox"/> Sugar (white, brown, confectioners') <input type="checkbox"/> Baking soda <input type="checkbox"/> Baking powder <input type="checkbox"/> Chocolate (semisweet, unsweetened) <input type="checkbox"/> Baking chips (chocolate, butterscotch, white chocolate, etc.) <input type="checkbox"/> Cornmeal 	<p>TREATS</p> <p>Individually wrapped treats are a bit pricier, but smart in terms of portion size/self-control.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tortilla chips and salsa <input type="checkbox"/> Pretzels <input type="checkbox"/> Chips <input type="checkbox"/> Twizzlers <input type="checkbox"/> Packaged rice pudding <input type="checkbox"/> Pudding mixes <input type="checkbox"/> S'mores ingredients

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