

Appendix 11: Sample food staple list

Use this list as a general guide for what food staples to buy – only buy the staples your kitchen needs. Not all staples need to be purchased at once; note the date you purchased a staple on this sheet. Remember to store all food properly and label clearly with ‘best before’ dates.

Item	Purchased	Item	Purchased
Vegetables and Fruit			
Canned tomato sauce (low sodium)		Diced tomatoes, canned (low sodium)	
Crushed canned tomatoes (low sodium)		Tomato paste, canned (low sodium)	
Grain Products			
Barley		White flour	
Brown rice		White rice	
Rolled oats		Whole grain pasta	
Soda crackers		Whole wheat flour	
Milk and Alternatives			
Canned milk			
Skim milk powder			
Meat and Alternatives			
Canned or dried beans		Canned or dried peas	
Canned or dried lentils			
Baking ingredients			
Baking powder		Cornstarch	
Baking soda		Vanilla	
Brown sugar		White sugar	

Sample food staple list (continued)

Item	Purchased	Item	Purchased
Seasonings			
Dry mustard		Salt	
Garlic powder		Soy sauce (reduced sodium)	
Ketchup		Pepper	
Lemon juice		Vinegar	
Low sodium bouillon cubes or broth (chicken, beef and vegetable)		Worcestershire sauce	
Fats and oils			
Cooking spray		Vegetable oil	
Soft margarine			
Herbs and spices			
Allspice		Dill	
Basil		Ginger	
Bay leaves		Nutmeg	
Cayenne		Oregano	
Chili powder		Paprika	
Cinnamon		Sage	
Cloves		Thyme	
Curry powder			
Other			
Aluminum foil		Plastic wrap	
Elastic hair ties and/or hair nets		Twist ties	
Garbage Bags		Wax paper	
Latex or non-latex gloves		Zip top sandwich bags	

Adapted with permission from Winnipeg Cooks Together: A Handbook for Community Kitchen and the Community Kitchen Best Practices Toolkit: A Guide for Community Organizations in Newfoundland and Labrador.