

GFCF Pantry List

__Multi-Vitamins for Everyone

NON-DAIRY

__Liquid Soymilk in Tetra Box:
Plain, Chocolate, Unsweetened

__*Better Than Milk* Powdered
Soy Beverage

__*Now* Plain Powdered Soy
Milk

__Powdered Egg Whites

__Powdered Whole Eggs

__Ener-G Egg Replacement

__Tofu, Silken, Tetra Box, Firm
or Extra Firm

__Nutritional Yeast

FATS

__Vegetable Oil

__Butter Flavored Shortening

__Plain Shortening

__Coconut Oil – Olive Oil

__Ghee

__Dark Sesame Oil

CANNED MEATS

__Real Bacon Bits

__Corned Beef

__Dried Beef (jar)

__Chicken

__Turkey

__Whole Ham

__Chunk Ham

__SPAM

__Turkey SPAM

__Jerky

__Tuna

__Salmon

__Clams

__Shrimp

__Crab

__Anchovies

__Sardines/Kippers

SOUPS & ENTREES

__Broth Powder or Bouillon

Cubes: Beef, Chicken, Ham &
Veggie Flavors

__Dry Soup Mix: Onion –
Veggie – Other

__Beef Stew

__Chili with Beans

__Beef Tamales

__Corned Beef Hash

__Chicken & Rice Soup

VEGETABLES

Canned

__3-Bean Salad

__Artichoke Hearts

__Asparagus

__Bamboo Shoots

__Bean Sprouts

__Beets

__Pickled Beets

__Cabbage

__Red Cabbage

__Carrots, Sliced

__Carrots, Whole Baby

__Collard Greens

__Corn

__Creamed Corn

__Giardiniera: Pickled Veggies

__French Style Green Beans

__Cut Green Beans

__Italian Green Beans

__Green Chili Peppers

__Kale

__Lima Beans

__Mixed Vegetables

__Mushrooms, Stems & Pieces

__Mushrooms, Whole

__Mustard Greens

__Okra

__Olives, Black

__Olives, Green

__Oriental Stir-Fry Veggies

__Whole Baby Onions

__Peas

__Peas & Carrots

__Roasted Red Peppers

__Pimientos

__Pickles: Dill - Sweet - Relish

__Pickled Peppers

__Potatoes, Whole Baby

__Potatoes, Cubed or Sliced

__Pumpkin

__Sauerkraut

__Spaghetti Sauce

__Spinach

__Succotash

__Sweet Potatoes/Yams

__Tomatoes

__Tomato Sauce

__Tomato Paste

__Tomatoes & Green Chiles

__Turnip Greens

__Water Chestnuts

__Wax Beans

__Yellow Squash

__Zucchini & Tomatoes

Dried

__Parsley

__Celery or Celery Leaves

__Onions

__French Fried Onions

__Mashed Potato Flakes

__Hash Browns

__Sun Dried Tomatoes

__Mushrooms

__Seeds for Sprouting

__Other Dried Vegetables as
available

FRUITS & JUICES

Canned or Bottled Juice

__Orange Juice

__Grapefruit Juice

__Apple Juice

__Grape Juice

__Cranberry Juice

__8 Vegetable Juice

__Coconut Milk

Canned Fruits

__Applesauce

__Apple Pie Filling

__Apple Slices

__Blueberry Pie Filling

__Cherries

__Cherry Pie Filling

__Cranberry Sauce

__Grapefruit

__Mixed Fruit

__Mandarin Oranges

__Peaches

__Pears

__Pineapple

__Tropical Fruit

Dried

__Apples

__Apricots

__Bananas

__Berries

__Coconut

__Cranberries or Craisins

__Dates - Figs

__Mango - Papaya - Pineapple

__Prunes

__Raisins: Black - Golden

CANNED & DRIED BEANS

__Baked Beans

__Refried Beans

__Lentils

__Split Peas, Green or Yellow

__Black-Eyed Peas

__Pinto Beans

__Kidney Beans

__Black Beans

__Great Northern or Navy

Beans (small white beans)

__Lima Beans

__Chick Peas

__Soybeans

__Plain Textured Vegetable

Protein (TVP)

__Flavored TVP as desired

GRAINS, STARCHES & FLOURS

__Long Grain White Rice

__Converted or Parboiled Rice

__Cornstarch

__Tapioca Flour

__Soy Flour

__Buckwheat Groat

__Cornmeal

__Grits

__Rolled Oats

__Millet

__Cornflakes

__Rice or Corn Chex

__GF Pasta

__Popcorn for Popping

__Oriental Rice Noodle

SNACKS

__Rice Cakes: Plain - Caramel

__Taco Shells

__Tostadas

__Corn Chips/Fritos

__Tortilla Chips

__Potato Chips

__Potato Sticks

BAKING SUPPLIES

__Xanthan Gum

__Sugar

__Brown Sugar

__Powdered Sugar

__Honey

__Molasses

__Corn Syrup

__Yeast

__Baking Powder

__Baking Soda

__Unflavored Gelatin

__Vanilla Flavoring

__Almond Flavoring

__Maple Flavoring

EXTRAS

__Unsweetened Cocoa

__Marshmallows/Fluff

__Peanut Butter

__Unsalted Peanuts

__Sunflower or Sesame Seeds

__Walnuts or Pecans

__Cashews or Almonds

__Fruit Gelatin Mix

__Chocolate Chips

__Gluten Free Bread Mix,
Bob's Red Mill is my favorite

BEVERAGES

__Coffee---Instant or Ground

__Instant Tea

__Tea Bags

__Herbal Tea – Green Tea

__Orange Breakfast Drink Mix

__Lemonade Drink Mix

__Fruit Drink Mix

__Hot Apple Cider Mix

__Wine in a Box

CONDIMENTS

__True Lemon - Lime - Orange

__Hot Sauce

__Jam & Jelly: Strawberry,
Grape & Marmalade

__Ketchup

__Barbecue Sauce

__Small Jars Mayonnaise

__Mayonnaise Packets

__Yellow Mustard

__Brown Mustard

__Salsa/Taco Sauce

__Dry Sherry

__Soy Sauce

__Vinegar

__Worcestershire Sauce

HERBS & SPICES

Salt, Black Pepper, Garlic

Powder, Cayenne Pepper,

Onion Powder, Chili Powder,

Italian Seasonings, Basil,

Oregano, Cinnamon, Poultry

Seasoning, Curry Powder,

Ginger, Cumin, Cloves, Nut-

meg, Allspice, Turmeric, Celery

Seed, Dill Weed, Coriander,

Dry Red Pepper Flakes

ITEMS FOR SHORT TERM STORAGE:1 to 2 MONTHS

__Pre-Cooked Sliced Bacon

__Vacuum Packed Country
Ham

__Vacuum Packed Salt Pork

__Summer Sausage

__Hard Salami

__Pepperoni

__Corn Tortillas

__Margarine, Fleischman's Un-
salted

__Fresh Cabbage

__Fresh Carrots

__Fresh Potatoes

__Fresh Onions