

A Well Stocked Kitchen

YOUR OWN PERSONAL THANKSGIVING SURVIVAL GUIDE

Non-Perishable

- **Spices and Seasoning Blends**
- **Cooking Oils:** Olive Oil, Peanut Oil, Safflower Oil, and Spray Oil will all stay fresh in the pantry for 2-3 years
- **Pasta:** Keeps in the Pantry for 1-2 years, not to mention it will make a fantastic, easy, last-minute dinner.
- **Canned Vegetables:** I recommend having canned tomatoes, beans, peas, and corn on hand at all times.
- **Jarred Sauces:** This includes everything from Marinara and Enchilada sauce.
- **Stock and Broth:** These are a must for any kitchen!
- **Baking Ingredients:** Flour, Granulated Sugar, Brown Sugar, Baking Powder, Baking Soda, and Salt are the essentials to keep on hand.



Dont Forget

- **Stock up on grocery items that you find on sale.**

Frozen

- **Fruits:** When life gets busy, finding the time to make a nutritious breakfast can be hard. Having frozen fruit on hand means that you can make a breakfast smoothie in 5 minutes.
- **Veggies:** Frozen vegetables of all sorts are ideal for so many recipes. They are flash-frozen and bring fresh flavors.
- **Meat and Seafood:** One of the best ways to reduce food waste (and save money) is freezing any meats or seafood. Not to mention, you'll have the added bonus of quick and easy meals at your disposal.
- **Butter:** Yes, I keep butter on hand in my freezer. When it's on sale, I stock up!