Basic Foods and Spices for a Kitchen

This list is broken into spices and herbs, baking & staples, long keeping fresh vegetables, dairy and proteins.

For the budget conscious, spices from the dollar store or section in a supermarket work as well as expensive ones. Amazing Grains in downtown Grand Forks is a good source for beans, peas, etc where you can buy as much or as little as you need for a recipe. The bread thrift store on DeMers Ave. has fresh discounted bread products. The other grocery stores often have bins with close to date foods that are reduced.

Spices

*Salt  *Pepper  *Onion Flakes  *Onion Powder  *Italian Seasoning
*Garlic Salt  *Cumin  *Chili powder  Parsley flakes  *Sage
Dill weed  *Bay leaves  *Cinnamon  Cloves  Dried basil

Baking & Staples

*Seasoned bread crumbs  *2-5 lbs. Flour  *2 lb. white sugar  *Bisquick type baking mix
1 lb. powdered sugar  *1 lb. brown sugar  *8 oz. vanilla  *1 lb. box baking soda
*Baking powder  *Jar of chicken base  *Jar of beef base  *Peanut butter
*Ketchup  *Mustard  *Soy sauce  Vinegar
*Oatmeal  *Egg noodles  *Elbow macaroni  *Long spaghetti
*Minute or regular rice  Quinoa  Split peas  Dry beans
Canned tuna  *Spaghetti sauce  *Canned veggies/fruit  *Dry or canned soups
*Olive oil  *Cooking spray  Baking cocoa  Cake Mix
Honey  *Corn starch  *Soda Crackers  *Vegetable Oil

Fresh Vegetables

Potatoes*  Carrots*  Onions*  Celery*
Mini Peppers  Cucumbers  Greens/lettuce  Broccoli
Fresh herbs as desired

*these will keep for several weeks in the crisper—don’t put potatoes in the refrigerator!

Dairy & Eggs

Milk  Butter/spread  Plain Greek yogurt  Eggs
Cheese, block or shredded

Meats

Ground beef or turkey  Bacon/sausage  Deli meats  Chicken-fresh or whole roasted

*If space or money is limited, these are the ones to get first. Fill in as budget permits or according to the type of foods you like.