

Basics To Keep On Hand

| Basic Pantry | Basic Freezer/Fridge | Basic Cleaning | Basic Medicine/Personal |
|----------------------------------|------------------------------|----------------------|-----------------------------|
| Beans (variety) | Cheeses | Laundry Soap | Hydrogen Peroxide |
| Rice (variety) | Meats | Bleach | Alcohol |
| Nuts & Grains (variety) | WW or LC Dinners | Counter Cleaner | Antibiotic Ointment |
| Flour (variety) | Bread | Dish Soap | Band-Aids (variety) |
| Sugar (variety) | Fruit (fresh, then frozen) | Scrub Powder | Shampoo/Conditioner |
| Honey | Veggies (fresh, then frozen) | Dishwasher Soap | Epsom Salts |
| Coffee | Eggs | Shower Spray | Facial Cleanser |
| Canned Veggies | Butter | Toilet Cleaner | Shaving Gear |
| Canned Tomato Products (variety) | Yogurt | Glass/Window Cleaner | Deodorant |
| Water | Water | | Toothpaste/ Toothbrushes |
| Vinegar (variety) | Beer | | |
| Spices (huge variety) | Milk | | |
| Mini Choc. Chips | Creamers | | |
| Pretzels | | | |
| Popcorn | | | |
| Olive and Veggie Oils | | | |
| Pastas | | | |
| Basic Soups | | | |
| Broths | | | |