

ACTIVE SENIORS MASTER PANTRY LIST

PANTRY		
Ingredient	Ttl Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Broth - Vegetable (Sodium-Reduced)	2 x 900 mL box (8 cups)	Minestrone, Chowder
<input type="checkbox"/> Dijon Mustard	8 tsp	Green Salad, Honey Mustard Dip,
<input type="checkbox"/> Honey	3 cups	Various Recipes
<input type="checkbox"/> Oil - Canola	2 cups	Most Recipes
<input type="checkbox"/> Oil - Olive	¾ cups	Most Recipes
<input type="checkbox"/> Peanut butter	¼ cup	Stir-Fry
<input type="checkbox"/> Soy Sauce (Sodium-Reduced)	¼ cup	Stir-Fry
<input type="checkbox"/> Vanilla Extract	4 tsp	Banana Muffins, Brownies, Cookies, Carrot Muffins
<input type="checkbox"/> Vinegar - Apple Cider	8 tbsp	Hummus, Green Salad, Ranch Dip, Stir-Fry, Broccoli Salad
Dry Pantry		
<input type="checkbox"/> Baking Powder	1½ tsp	Brownies, Carrot Muffins
<input type="checkbox"/> Baking Soda	2½ tsp	Banana Muffins, Brownies, Cookies, Carrot Muffins
<input type="checkbox"/> Chocolate Chips (Mini Semi-Sweet or Dark)	½ cup	Brownies
<input type="checkbox"/> Cocoa Powder	½ cup	Brownies
<input type="checkbox"/> Coconut - (Unsweetened, Shredded)	1½ cups	Granola, Cookies
<input type="checkbox"/> Corn Flakes	4¼ cups	Chicen Strips, Salmon Cakes
<input type="checkbox"/> Cranberries	1¼ cup	Green Salad, Granola, Broccoli Salad
<input type="checkbox"/> Flour - White	5 tbsp	Chowder
<input type="checkbox"/> Flour - Whole Wheat	3¾ cups	Most Recipes
<input type="checkbox"/> Oats - Large Flake	2¼ cups	Banana Muffins, Cookies
<input type="checkbox"/> Pasta - Whole Wheat (small)	2⅔ cup	Minestrone, Pasta
<input type="checkbox"/> Pumpkin Seeds (Unsalted)	¾ cup	Granola, Carrot Muffins
<input type="checkbox"/> Rice - Brown	2 cups	Ratatouille
<input type="checkbox"/> Solid Chocolate Bar	1	To lead Mindful Eating Activity
<input type="checkbox"/> Sunflower Seeds (Raw, Unsalted)	1 cup	Green Salad, Broccoli Salad
<input type="checkbox"/> Sugar - Brown	1 cup	Crisp, Cookies
<input type="checkbox"/> Sugar - White	⅓ cup	Brownies

ACTIVE SENIORS MASTER PANTRY LIST CONT...

PANTRY		
Ingredient	Ttl Quantity	Recipe
Cans + Other		
<input type="checkbox"/> Beans - Cannellini White Beans	1 can x 540 mL	Hummus
<input type="checkbox"/> Beans - Red Kidney	2 can x 540mL	Minestrone, Chili
<input type="checkbox"/> Beans - Black	2 cans (1 x 398mL + 1 x 540mL)	Brownies, Quesadillas
<input type="checkbox"/> Peaches (In juice or Water)	1 can x 796 mL	Crisp
<input type="checkbox"/> Pineapple Tidbits (In juice or Water)	2 can x 398 mL	Smoothies, Carrot Muffins
<input type="checkbox"/> Salmon	3 cans x 14.75 oz (213 g)	Salmon Cakes
<input type="checkbox"/> Soda Water	2 x 2 L bottle	Sparkling Water
<input type="checkbox"/> Tomatoes - Diced, (No-Salt-Added)	3 cans x 796 mL	Minestrone, Chili, Pasta
<input type="checkbox"/> Tomatoes - Whole/Plum (No-Salt-Added)	1 can x 796mL	Ratatouille
<input type="checkbox"/> Tomato Paste (No-Salt-Added if available)	1 can x 156mL	Chili
<input type="checkbox"/> Muffin Liners	36	Banana Muffins, Frittata, Carrot Muffins
<input type="checkbox"/> Parchment Paper	--	Various Recipes

BAKERY		
Ingredient	Ttl. Quantity	Recipe
<input type="checkbox"/> Pita - Whole Wheat (6")	4	Spinach Dip
<input type="checkbox"/> Tortillas - Whole Wheat (10")	6	Quesadillas

SPICES		
Ingredient	Ttl. Quantity	Recipe
<input type="checkbox"/> Chili Powder	7 tsp	Quesadillas, Chili
<input type="checkbox"/> Cinnamon - Ground	4 tsp	Banana Muffins, Granola, Crisp, Cookies, Carrot Muffins
<input type="checkbox"/> Cumin - Ground	4 tsp	Quesadillas, Chili
<input type="checkbox"/> Dill - Dried	3½ tsp	Hummus, Chowder, Salmon Cakes, Ranch Dip
<input type="checkbox"/> Garlic Powder	7 tsp	Most Recipes
<input type="checkbox"/> Onion Powder	1¾ tsp	Salmon Cakes, Ranch Dip
<input type="checkbox"/> Orgeano - Dried	2 tbsp	Minestrone, Ratatouille, Frittata, Chili, Pasta
<input type="checkbox"/> Parsley - Dried	6 tbsp	Most Recipes
<input type="checkbox"/> Thyme - Dried	2 tsp	Ratatouille, Chowder, Frittata
<input type="checkbox"/> Salt + Pepper	--	Most recipes