THSS Foods 9 Online Name:

What’s Cooking Home Edition LG12:

**The Kitchen Inventory**

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| **Fridge & Freezer Items** |
| Item Type | Items | Approx. amount |
| Dairy |  |  |
| Vegetables & Fruits(include juices) |  |  |
| Meat & Eggs(including stocks/soups) |  |  |
| Condiments(Sauces, Jams, spreads & dressings) |  |  |
| Pre-made / Left-Overs |  |  |
| Other |  |  |

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| **Cupboards & Pantry Items** |
| Item Type | Items | Approx amount |
| Baking items* Flours & premade mixes
* Baking Powder & Soda
* Corn Starch
* Sugars & Syrups
* Yeast
* Oats & breadcrumbs
* Extracts & flavorings
 |  |  |
| Herbs & Spices* Powders
* Dried Leaves
* Salts & Peppers
* Seasoning mixes
* Curry & blends
 |  |  |
| Cans of Food* Vegetables, Beans & Fruits
* Sauces & Soups
* Meats & Dairy
 |  |  |
| Pasta & Grains* Dry noodles
* Rice
* Couscous, cornmeal andother grit-sized grains
* Dried beans / lentils
* Breads & cereals
 |  |  |
| Snacks* chips, crackers & nuts
* bars
* candy
* dried fruit
* Teas, coffee, pop
 |  |  |
| Condiments & liquids* Ciders & vinegar
* Sauces
* oils
 |  |  |
| Other* Dried powders & soups(including gelatin /jello)
 |  |  |