

**THE ETHNIC PANTRY**  
STAPLES  
THEETHNICPANTRY.COM

**PRODUCE**

- artichoke
- asparagus
- beet
- bell pepper: *G/O/W/Y*
- broccoli
- carrot: *white/S/M*
- cauliflower
- celery
- corn
- cucumber
- edamame
- eggplant
- fennel
- garlic
- ginger
- jicama
- kohlrabi
- leek
- mushroom: *porcini/porobello/white/crimini*
- okra
- onion: *R/W*
- pea: *shoot / snow*
- pepper: *jalapeno/Thai/poblano/serrano*
- potato: *idaho/red/sweet/fingerling*
- pumpkin
- rhubarb
- shallot
- squash: *Flacora/butternut*
- tomatillo
- tomato: *pina/ heirloom*
- turnip
- zucchini

**GREENS**

- arugula
- brussel sprout
- cabbage: *Napa / Savoy*
- collard green
- endive
- kale
- lettuce: *bibb/butter/iceberg*
- mâché
- mustard greens
- ramp
- salad mix
- sorrel
- spinach
- swiss chard
- watercress

**FRUIT**

- apple
- avocado
- banana / plantain
- blueberry
- cantaloupe
- cherry
- cranberry
- fig
- grapefruit
- grape: *R/O/seedless*
- kiwi
- lemon / lime
- mango

- melon: *water/honeydew*
- cantaloupe
- orange
- pear
- pineapple
- plum / nectarine
- pome-grante
- raspberry
- strawberry

**HERBS**

- basil
- chive
- cilantro
- dill
- marjoram
- mint
- parsley
- sage
- scallion

**DAIRY**

- butter: *stick / spread*
- *soft / unsalted*
- buttermilk
- cheese: *shred/block*
- -----
- coffee creamer
- cottage cheese
- cream cheese
- cream: *heavy/sour/whipped*
- egg
- half & half
- ice cream
- margarine
- milk: *1% / 2% / whole / skim*
- other milk: *soy/rice/almond*
- yogurt: *cupa/fruit / plain/Greek*

**BAKERY**

- bagel
- bread: *wheat/white/cool/pumpernickel/rainie*
- buns: *hot dog/burger*
- croissant
- dinner roll
- English muffin
- French bread
- pita
- taco shell
- tortilla / tostada

**CANNED & PRESERVED**

- capers
- chili
- fish: *claw/salmon/tuna*
- jam
- olives
- pickles
- pie filling
- peppers: *banana/chipotle/jalapeno/pimiento*
- pumpkin
- sauerkraut

- sundried tomato
- tomato
- -----
- *diced*
- *paste*
- *sauce*
- *whole*
- vegetable: *bean/corn/artichoke/corn*

**CONDIMENTS**

- bouillon/stock: *veg/bag/chicken*
- butter: *peanut/almond*
- honey
- maple syrup
- mayonnaise
- oil: *canoa/veg/olive/cocoad/alfalower/sunflower/groseed*
- relish
- salad dressing
- salsa
- vinegar: *plain/v. wine/cider/balsamic/rice wine/champagne*

**SAUCES**

- BBQ
- horseradish
- hot
- ketchup
- mustard
- soy
- steak
- tartar
- teriyaki
- worcestershire

**BEANS**

- black: *eye / dry*
- black-eyed peas: *OD*
- cannellini: *OD*
- chickpea: *OD*
- fava: *OD*
- kidney: *OD*
- lentil: *OD, Br/G/R*
- lima: *OD, Leg/Su*
- mixed
- navy / pink / pinto
- split peas: *OD, G/Y*

**NUTS**

- almond
- hazelnut
- cashew
- mixed
- peanut
- pecan
- pine nut
- pistachio
- walnut

**GRAINS**

- amaranth
- arborio (risotto)
- barley: *hulled/pearl*
- breadcrumb
- bulgur
- commel (polenta)
- couscous
- cracked wheat
- farro (spelt)
- flour: *AP/wheat/cake*
- kasha
- millet
- oatmeal / rolled

- pasta: *penne/spaghetti*
- pasta, alter: *quinoa/br, rice/gluten-free*
- quinoa
- rice: *Br/BB/W/white/Basmati/Thai*
- wheat berries: *R/W*
- wheat germ

**SPICES**

- cream of tartar
- salt: *kosher/table*
- salt, sea: *reg/faky*
- allspice
- bay leaf
- peppercorn: *BB/G*
- cayenne pepper
- celery seed
- chili powder
- cinnamon: *W/ground*
- clove
- coriander: *seed/ground*
- cumin
- dill weed
- fennel seed
- garlic powder
- ginger, ground
- Italian seasoning
- mustard
- nutmeg
- oregano
- paprika
- pepper: *BB/red flakes*
- poppy seeds: *BB/W*
- rosemary
- sage
- saffron
- salt: *table/kosher/sea*
- tarragon
- thyme

**BAKING**

- baking powder/soda
- chocolate: *chip/chunk*
- coconut, sweet
- cornstarch
- cream of tartar
- frosting
- gelatin
- honey
- marshmallow
- milk: *cond. / evap.*
- mix: *cake/muffin*
- molasses
- non-stick spray
- sugar: *white / powder*
- sugar, brown: *lt / dk*
- sweetener: *agave/artificial*
- vanilla: *bean/extract*
- vegetable shortening
- yeast

**MEAL ON THE RUN**

- cereal
- granola
- instant noodles
- mac & cheese
- microwaveable meal
- soup: *chicken noodle/tomat/mushroom/beef/olive/vegetarian*

**FROZEN**

- burrito
- fries/hashbrown
- meal
- phyllo/crust/pastry
- pie
- pizza
- vegetable: *corn/okra/peas/spinach*
- ready-to-bake: *roll/biscuit*
- waffle

**BEVERAGE**

- coffee: *beans/ground*
- hot chocolate mix
- juice: *apple/orange*
- soda: *cola/clab/root/beer/orange*
- tea: *bagal/loose*

**SNACKS**

- bars: *granola/fruit/protein*
- chips
- cookies
- crackers
- dried fruit
- gum
- hazelnut spread
- hummus
- popcorn
- pretzel
- sunflower seed
- toaster pastry
- wafers

**POULTRY & MEAT**

- beef
- chicken
- pork
- turkey

**SEAFOOD**

- clam
- crab
- fish
- octopus/squid
- scallop
- shrimp

**VEGAN**

- hot dog / 'sausage'
- 'chicken' nugget
- 'sausage' patty
- tempeh
- tofu: *firm/silken*
- veggie burger

**BABY & KIDS**

- baby oil
- bath toys
- bib/bowl/plate/cutlery
- body lotion/wash
- conditioner
- diapers: *new/2/3/4/5/6*
- formula
- fruit pouch
- shampoo
- training diapers

**PETS**

- bird seed
- cat food: *dry/wet*
- cat litter: *toy/ntp*
- dog food: *dry/wet*
- dog toy/bone

**HOUSEHOLD**

- AC filter: -----
- aluminum foil
- batteries: *AA/AAA/C/D/9-V/watch*
- bleach / wipes
- cleaner: *floor/glass*
- dish soap
- dishwasher detergent
- dryer sheets/bar
- facial tissue
- freezer paper
- laundry detergent
- light bulb
- moist wipes
- moth ball/socker
- oil scented plug-in
- paper towel
- parchment paper
- plastic wrap
- plumbing cleaner
- sponge / gloves
- stain remover
- toilet paper
- vacuum bag

**PERSONAL**

- body wash/bar
- bug repellent
- conditioner
- deodorant
- earbuds
- face wash
- floss
- hair dye: *BB/Br/BB/R*
- lip balm
- liquid hand soap
- lotion: *face/body*
- lubricant
- mouthwash
- pregnancy/ovul. test
- shampoo
- sunscreen
- tooth brush/paste

**MEDICINE**

- congestion relief
- cough drop
- headache
- vitamin: *multi/eye/B/C/D/E*

**LADIES**

- blush powder
- concealer/foundation
- hair style product
- mascara
- nail color/remover
- pad / tampon / liner
- razor / blades
- shaving cream
- towelette

**GENTLEMEN**

- hair style product
- shave balm / cream
- razor / blades