



## **PANTRY SHOPPING LIST**

### **Week 7**

<b>FOOD</b>	<b>HOW MANY ITEMS</b>	<b>NOTE</b>
Oatmeal ( Steel-cut and/or Rolled Oats, etc.)		
Beans (Pinto, Red, Black, etc.)		
Salt (Kosher, Sea, Himalayan, etc.)		
Pepper (Granulated Black or White and various Peppercorns, etc.)		
Pasta (Spaghetti, Elbow, Egg noodles, etc.)		
Sweetners (Sugar, Honey)		
Coffee (If you drink it. If not, this could be used to Barter.)		
Hard Candy		



## **PANTRY SHOPPING LIST**

<b>FOOD</b>	<b>HOW MANY ITEMS</b>	<b>NOTES</b>

**Make extra copies as needed.  
PANTRY SHOPPING LIST ~ WEEK 7**