

## LEFTY PREPPER MOM'S PANTRY

- Canned seafood (tuna, salmon, clams)
- Canned Meats (chicken, turkey, Spam)
- Canned Vegetables (tomatoes, green beans, carrots, peas)
- Peanut Butter
- Jams & Jellies
- Coffee
- Tea
- Hard Candy
- Powdered milk
- Dried herbs and spices
- Rice
- Beans (canned and dried)
- Oatmeal
- Pasta
- Dehydrated foods (fruit, beef jerky)
- Biscuit & pancake mixes
- Protein bars
- Drink mixes (Gatorade, Tang, etc).
- Potato flakes
- Whey protein powder
- Freeze dried foods
- Sugar
- Honey
- Salt
- Spices
- Cocoa
- Maple Syrup
- Bourbon Vanilla Extract
- Baking Soda
- Baking Powder
- Cornmeal
- Flour
- Dry yeast
- Vinegar
- Coconut oil
- Soy sauce
- Quick meals (Tuna Helper, Rice-a-Roni, Mac'n'Cheese)
- Pickling salt
- Canning salt
- Vodka & other liquor