

Healthy Non-Perishable FOOD LIST

DRIED FOOD

- Lentils, dried
- Chickpeas, dried
- Beans, dried
- Quinoa
- Barley
- Bulgur
- Rice
- Whole Grain Pasta
- Buckwheat pasta
- Other gluten-free pasta (lentil, chickpea..)
- Millet
- Buckwheat
- Oats
- Sun-dried tomatoes
- Dried peppers or other vegetables
- Prunes
- Dates
- Dried cranberries
- Raisins
- Apricots
- Shredded coconut

CANNED FOOD

- Canned chickpeas
- Canned beans
- Canned tuna
- Canned salmon
- Canned chicken
- Canned turkey
- Canned tomato sauce
- Tomato paste
- Pesto
- Coconut milk
- Other non-dairy milks
- Red curry paste
- Sauerkraut
- Pickles
- Canned Artichokes
- Olives
- Pumpkin puree
- Canned fruit

NUTS & SEEDS

- Almond Butter
- Tahini
- Walnuts
- Hazelnuts
- Pistachios
- Sesame Seeds
- Almonds
- Chia Seeds
- Flaxseed
- Brazil nuts
- Cashews
- Pecans

HERBS AND SPICES

- Basil, dried
- Mint, dried
- Rosemary, dried
- Coriander, dried
- Turmeric, dried
- Dill, dried
- Cumin
- Ginger, dried
- Garlic powder
- Paprika
- Crushed red pepper
- Black pepper
- Cinnamon
- Vanilla

OTHER

- Olive oil
- Coconut oil
- Honey
- Maple syrup
- Vinegar
- Baking soda
- Tea bags
- Coffee
- Water
- Wine!
- Dark Chocolate