

Becca's

PANTRY STAPLES

FOR THE PANTRY

DRY GOODS

FLOUR
UNSWEETENED COCONUT FLAKES
OATS
EGG REPLACER
PASTA
RICE
QUINOA
BROWN RICE RAMEN
DEHYDRATED HASH BROWNS
YEAST

CANNED/JARRED GOODS

COCONUT MILK
BEANS
SOUPS
DICED TOMATOES
BROTH/STOCK
PASTA SAUCE
TUNA

SWEETENERS

HONEY
MAPLE SYRUP
COCONUT SUGAR
STEVIA

OILS & BUTTERS

COOKING OILS
NUT BUTTERS

SPICES

VINEGARS

WHEN UNOPENED, REPLACE EVERY...

DRY GOODS

12 MONTHS
6 MONTHS
1-2 YEARS IN SEALED CONTAINERS
12-16 MONTHS
1-2 YEARS
10 YEARS
3-4 YEARS
18 MONTHS
2 YEARS
3-4 MONTHS IN PANTRY

CANNED/JARRED GOODS

6 MONTHS
3-5 YEARS
2-3 YEARS
2-3 YEARS
2 YEARS
1 YEAR
3-5 YEARS

SWEETENERS

UNPROCESSED, INDEFINITE | PROCESSED, 1 YEAR
INDEFINITELY IN FREEZER, 1 YEAR IN FRIDGE
1 YEAR
3 YEARS

OILS & BUTTERS

9-12 MONTHS ONCE OPENED
3-4 MONTHS ONCE OPENED, 1 YEAR UNOPENED

SPICES

4 YEARS FOR DRY

VINEGARS

INDEFINITE

PANTRY STAPLES

FOR THE PANTRY

WHEN UNOPENED,
REPLACE EVERY...