



Elementary School Ingredient List

We recommend you purchase these non-perishable items at the beginning of your class series to have on hand.

Pantry

Baking

- Honey - **WEEKS 1, 9**
- Tahini, *optional* - **WEEKS 2, 9**
- All-purpose flour - **WEEKS 3, 5, 6**
- Masa harina (corn flour, found in baking/international foods aisle) - **WEEK 4**
- Baking powder - **WEEK 5**
- Baking soda - **WEEK 5**
- Sugar - **WEEK 5**
- Vanilla extract - **WEEK 5**

Canned and Boxed Goods

- 15-ounce can chickpeas (1) - **WEEK 2**
- 28-ounce can crushed tomatoes (1) - **WEEK 3**
- 15-ounce can black beans (1) - **WEEK 4**
- 14-ounce can diced fire-roasted tomatoes (1) - **WEEK 6**
- 1 quart container vegetable stock (2) - **WEEKS 6, 10**

Cooking Oils

- Olive oil - **WEEKS 2, 3, 4, 10**
- Sesame oil - **WEEKS 7, 10**

Condiments

- Soy sauce - **WEEKS 7, 9 10**
- Chili garlic sauce, *optional* - **WEEK 10**
- Mirin, *optional* - **WEEK 10**

Dried Goods

- Dried fruit (dried cherries, cranberries, raisins, figs, apricots, or dates) - **WEEK 5**
- Seeds (pepitas or sunflower seeds) - **WEEK 5**
- Rice - **WEEKS 6, 7**
- Ramen noodles - **WEEK 10**

Spices

- Cinnamon, ground - **WEEKS 1, 5**
- Sea salt - **WEEKS 2, 3, 4, 5**
- Cumin, ground - **WEEKS 2, 4**
- Basil, dried - **WEEK 3**
- Oregano, dried - **WEEK 3**
- Nutmeg, ground, *optional* - **WEEKS 5, 8**
- Cajun/Creole seasoning, *optional* - **WEEK 6**
- Thyme, dried - **WEEK 6**
- Gochugaru (Korean Chili Flakes), *or red pepper flakes* - **WEEK 7**
- Sesame seeds - **WEEKS 7, 9**

Week-by-Week Shopping Lists

We recommend that you purchase 2-3 weeks worth of fresh ingredients at a time.

Week 1 - Fresh Ingredients

- Lime (1)
- Plain yogurt (1½ cups)
- Seasonal fruits (1 cup strawberries, apples, pears, apricots)
- Mint (1 bunch)

Week 2 - Fresh Ingredients

- Assorted vegetables (carrots, bell peppers, celery, etc.) for dipping
- Lemon (1)

Week 3 - Fresh Ingredients

- Onion (1)
- Garlic

Week 4 - Fresh Ingredients

- Butternut squash (1)
- Scallions (1 bunch)
- Garlic
- Limes (2)
- Cilantro (1 bunch)
- Jalapeno (1), *optional*

Week 5 - Fresh Ingredients

Fruits

- Fruit or vegetable of choice (1 cup shredded pear/apple/carrot/zucchini, or 1 cup pumpkin puree/ mashed banana)
- Eggs (2)
- Butter or refined coconut oil (½ cup)
- Plain yogurt (⅓ cup)

Week 1 - Pantry Ingredients & Spices

- Ground cinnamon
- Honey

Week 2 - Pantry Ingredients & Spices

- 15-ounce can chickpeas (1)
- Tahini, *optional*
- Ground cumin
- Sea salt
- Olive oil

Week 3 - Pantry Ingredients & Spices

- All-purpose flour
- Olive oil
- 28-ounce can crushed tomatoes (1)
- Dried oregano
- Dried basil
- Sea salt

Week 4 - Pantry Ingredients & Spices

- Masa harina
- Ground cumin
- Sea salt
- Olive oil
- 15-ounce can black beans (1)

Week 5 - Pantry Ingredients & Spices

- Seeds (pepitas or sunflower seeds)
- Dried fruit (dried cherries, cranberries, raisins, figs, apricots, or dates)
- All-purpose flour
- Sugar
- Baking powder
- Sea salt
- Baking soda
- Ground cinnamon
- Ground nutmeg, *optional*
- Vanilla extract

Week 6 - Fresh Ingredients

- Butter (¼ cup, ½ stick)
- Bell pepper (1)
- Celery
- Onion (1)
- Okra, fresh or frozen (optional)
- Garlic
- Button mushrooms (8 ounces)

Week 7 - Fresh Ingredients

- Asparagus or other seasonal vegetable
- Swiss chard or other green
- Shiitake mushrooms (8 oz)
- Garlic
- Eggs (2)
- Scallions
- Carrots (1)

Week 8 - Fresh Ingredients

- Eggs (12)
- Milk
- Mushrooms or other vegetable
- Butter
- Shredded cheese (gruyere, swiss, or sharp cheddar)

Week 9 - Fresh Ingredients

- Kale or Swiss chard
- Carrots
- Celery
- Broccoli
- Apple, pear, or tomato
- Garlic

Week 10

- Eggs (4)
- Garlic
- Fresh ginger
- Shiitake mushrooms (3 oz)
- Young baby greens
- Bell peppers (3)
- Scallions
- Radishes, *optional*

Week 6 - Pantry Ingredients & Spices

- All-purpose flour
- Vegetable stock (1½ cups)
- 14-ounce can diced fire-roasted tomatoes (1)
- Cajun/Creole seasoning, *optional*
- Rice (1 cup)
- Dried thyme
- Sea salt

Week 7 - Pantry Ingredients & Spices

- Rice (1 cup)
- Gochugaru (Korean Chili Flakes) or red chili flakes, *optional*
- Sesame oil
- Soy sauce
- Sesame seeds

Week 8 - Pantry Ingredients & Spices

- Sea salt
- Ground nutmeg, *optional*

Week 9 - Pantry Ingredients & Spices

- Sunflower or sesame seeds
- Tahini or peanut butter
- Soy sauce
- Honey

Week 10 - Pantry Ingredients & Spices

- Sesame oil
- Vegetable stock
- Soy sauce
- Mirin, *optional*
- Ramen noodles
- Chili garlic sauce, *optional*