

# Whole Foods Pantry Needs

<i>Months</i>	<i>Item</i>	<i>Amount per Month</i>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Canned Meat (tuna, chicken, beef)	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dried or Canned Broths	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Whole Wheat Pasta	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Canned Tomatoes	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Canned Vegetables	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Canned Fruits	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dried Beans	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Oats (quick, rolled)	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Chocolate (cocoa powder, bars)	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Flour	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Wheat Berries	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rice	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Sugar (succant, turbinado, honey, maple)	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Peanut Butter	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Powdered Milk	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Olive Oil	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Sea Salt	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Garlic Powder	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Onion Powder	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Coconut Oil	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Arrowroot Powder (or cornstarch)	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Baking Soda	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
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