

## CFK 2020 Class Supplies Lists Session II - Breakfast Class Food Supplies

### **PANTRY ITEMS:**

1-2 lbs all purpose flour  
1-2 lbs whole wheat flour  
1-2 lbs sugar  
1-2 lbs powdered sugar  
1 box corn meal  
Rolled oats (not quick cook)  
Cocoa powder  
Kosher salt  
Regular salt  
Whole black pepper (with a grinder if available)  
Brown sugar (dark or light)  
Baking powder  
Baking soda  
Cornstarch  
Vanilla  
Vegetable oil  
Maple syrup (prefer the real stuff - good price for this at Grocery Outlet)  
Honey  
Peanut butter (or any nut butter)  
1 lb Walnuts or pecans (whole or pieces)  
Spices: ground cinnamon, nutmeg, cloves, cumin, black pepper, garlic salt, coriander, chili powder (can be ancho or chipotle), cayenne, paprika  
Herbs: dried whole oregano, thyme, marjoram, rosemary (fresh if available), bay leaves, celery seed, crushed red pepper

### **REFRIGERATOR ITEMS:**

Milk (1% to whole milk; can be plant based if needed)  
Buttermilk (probably 1 quart)  
Heavy whipping cream (probably 1 quart)  
1 dozen eggs  
1 lb bacon  
1 lb real butter  
16 oz cream cheese (two 8 oz blocks)  
16 oz shredded cheddar cheese; can be substituted with shredded Mexican cheese mix  
8 oz fresh grated parmesan

### **CANNED FOODS:**

Crushed tomatoes (13 oz)  
Diced tomatoes (13 oz)  
Tomato paste (tube or 6 oz)

### **Specific list of fresh or frozen groceries/produce will be sent on Friday of each week.**

This will include items such as potatoes, onions, fresh garlic, tomatoes, avocados, lettuce, peppers, citrus, fruits, fresh herbs, etc. Also on this list will be bread, meat and any canned foods needed for recipes for the upcoming week of classes.

**NOTE:** Please ask about substitutions for food supplies as needed. We are happy to adapt as much as possible for health needs and lifestyle choices.