

HONEY SET LONG-LASTING GROCERY LIST

Foods That Last, Freeze Well & Feed Well

PANTRY STAPLES

- ☐ White rice
- ☐ Brown rice
- ☐ Pasta
- ☐ Rolled oats
- ☐ Steel-cut oats
- ☐ Flour
- ☐ Cornmeal
- ☐ Quinoa
- ☐ Barley
- ☐ Dried black beans
- ☐ Dried pinto beans
- ☐ Lentils
- ☐ Chickpeas
- ☐ Peanut butter
- ☐ Almond butter
- ☐ Honey
- ☐ Sugar
- ☐ Salt
- ☐ Baking powder
- ☐ Baking soda
- ☐ Spices & seasonings

CANNED & SHELF-STABLE

- ☐ Canned tomatoes
- ☐ Tomato paste
- ☐ Canned corn
- ☐ Canned green beans
- ☐ Canned peas
- ☐ Canned carrots
- ☐ Canned beans
- ☐ Canned tuna
- ☐ Canned salmon
- ☐ Canned chicken
- ☐ Sardines

- ☐ Chicken broth
- ☐ Vegetable broth
- ☐ Beef broth
- ☐ Shelf-stable milk
- ☐ Evaporated milk
- ☐ Crackers

FREEZER FRIENDLY

- ☐ Frozen broccoli
- ☐ Frozen spinach
- ☐ Frozen mixed vegetables
- ☐ Frozen peas
- ☐ Frozen berries
- ☐ Frozen mango
- ☐ Frozen peaches
- ☐ Ground beef
- ☐ Chicken breasts
- ☐ Chicken thighs
- ☐ Turkey
- ☐ Bread
- ☐ Tortillas
- ☐ Butter
- ☐ Shredded cheese
- ☐ Cooked soups
- ☐ Cooked chili

LONG-LASTING FRESH PRODUCE

- ☐ Potatoes
- ☐ Sweet potatoes
- ☐ Onions
- ☐ Garlic
- ☐ Carrots
- ☐ Cabbage
- ☐ Apples
- ☐ Butternut squash
- ☐ Acorn squash
- ☐ Lemons

PRESERVING / JARRING ITEMS

- ☐ Vinegar
- ☐ Pickling cucumbers
- ☐ Extra jars
- ☐ Jar lids
- ☐ Dry beans for jar storage
- ☐ Rice for jar storage
- ☐ Oats for jar storage
- ☐ Flour for jar storage
- ☐ Sugar for jar storage

BLANK SHOPPING LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HONEY SET SHOPPING TIP 🍯

Shop your home first.

Before going to the store, check your pantry, freezer, and fridge. Build meals around what you already have, then buy only what fills the gaps. This saves money, reduces waste, and keeps your kitchen intentionally stocked.

Honey Set reminder: Stock wisely. Rotate often. Feed your hive well. ✨