

Appendix A - Dry Goods to Buy in Bulk

This list includes items that I generally suggest to buy from bulk bins at grocery stores, bulk food services, co-ops, and stands at farmers' markets. Actual shelf-life may vary from item to item—from a few months to a couple of years and more—and may depend on how items are stored (e.g. pantry, refrigerator, or freezer).

A great resource “to help you maximize the freshness and quality of food items” (and, as a bonus, to avoid food waste!) is the USDA’s FoodKeeper mobile application, which can also be accessed online on their website: www.foodsafety.gov/keep-food-safe/foodkeeper-app. The platform allows you to browse general categories, such as *Grains, Beans, and Pasta* or *Shelf-Stable Foods*, but also to search for a specific item. FoodKeeper provides useful/consumption life and storage information for perishable items as well.

Pulses

- Black beans
- Adzuki beans
- White beans
 - Navy
 - Great northern
- Kidney beans
- Red
 - White (aka cannellini)
- Pinto beans
- Peruano beans
- Mung beans (dry)
- Fava beans (dry)
- Lima beans (dry)
- Soy beans (dry)
- Garbanzo beans (aka chickpeas)
- Black-eyed peas
- Split-peas
 - Green
 - Yellow
- Lentils
 - Green
 - Black
 - Red

Grains

- Rice
 - Brown
 - Red
 - Black
 - Wild
- Quinoa
- Amaranth
- Fonio
- Farro
- Barley
- Buckwheat
- Rye
- Sorghum
- Bulgur

Grains (cont'd)

- Oat
- Millet
 - Finger
 - Prossio
 - Barnyard
- Spelt
- Wheat berry
- Corn (dry)

Seeds

- Chia
- Flaxseeds
- Pumpkin
- Sunflower
- Hemp
- Sesame
- Poppy

Dry fruits

- Cranberry
- Raisin
- Currant
- Prune
- Date
- Apricot
- Mango
- Apple
- Pineapple

Nuts

When possible, buy shell-on as it helps extend their shelf-life

- Peanut
- Almond
- Walnut
- Pecan
- Pistachio
- Hazelnut
- Brazil nut
- Pine nut
- Cashew

Flour

- Whole wheat
- Gluten-free
- Almond
- Rice
- Amaranth
- Millet

Starch

- Tapioca
- Corn
- Arrowroot

Sugar

- Coconut sugar
- Date sugar

Dried herbs

- Basil
- Oregano
- Dill
- Rosemary
- Bay leaves

Spices

- Ground
 - Smoked paprika
 - Cumin
 - Coriander
 - Annatto
 - Cayenne pepper
 - Ancho chile
 - Garlic powder
 - Onion powder
 - Dry mustard
- Whole
 - Peppercorn
 - Cloves
 - Cinnamon
 - Nutmeg
 - Cardamom
 - Star Anise

Others

- Nutritional Yeast