

## **EFNEP Pantry Items for Classes with Less than 3 People**

*The items listed below are common ingredients in EFNEP approved recipes. EFNEP Educators are likely to have these items on hand either in dry storage or the refrigerator because they are used in small amounts in our recipes. The items listed below are the ONLY items purchased with program dollars that Educators may use (in small amounts) in food activities with classes of one or two people. These items may be used for classes of one or two people ONLY IF THESE ITEMS HAVE BEEN PURCHASED PREVIOUSLY for larger groups of participants. As a reminder, participants are to receive “a taste” of food, not a meal size portion.*

- Baking powder
- Baking soda
- Basil
- Black pepper
- Bread crumbs
- Brown sugar
- Chili powder
- Cinnamon
- Cooking spray
- Corn starch
- Dill weed
- Dried minced onion
- Dried parsley flakes
- Dry milk
- Flour, all-purpose
- Flour, whole wheat
- Garlic powder
- Honey
- Italian Seasoning
- Lemon juice
- Lime juice
- Nutmeg
- Oregano
- Paper cups
- Peanut Butter
- Plastic spoons
- Pumpkin pie spice
- Rolled oats
- Salt
- Soy sauce
- Sugar
- Vanilla extract
- Vegetable oil
- Vinegar