

Gluten Free Dairy Free Pantry Staples



- Canned coconut milk
- Canned coconut cream
- Powdered coconut milk
- Powdered rice milk
- Shelf stable non-dairy milk
- Gluten free all purpose flour
- Sorghum flour if you can't have rice flour
- Gluten free bread or rolls you can freeze*
- Canned fruit
- Canned tuna
- Canned chicken
- Canned vegetables
- Gluten free dairy free crackers
- Gluten free dairy free cereal
- Cooking oil
- Dried fruit
- Shelf stable broth
- Shelf stable or canned soup
- Gluten free oats
- Baking essentials (salt, baking powder, baking soda)
- Ground flaxseed (as an egg replacement in baking)
- SunButter
- Dry beans or canned beans
- Dry, uncooked rice
- Instant rice or precooked rice
- Cream of rice cereal
- Quinoa
- Instant potatoes
- Freeze dried fruits and vegetables
- Jerky
- Trail mix
- Frozen vegetables
- Frozen fruit
- Frozen potatoes
- Gluten free pasta