

STAPLES IDEA SHEET



OUR HOME ON PURPOSE

homemaking on autopilot

www.ourhomeonpurpose.com

Ingredients in fridge and freezer

Milk (of choice)	Condiments (ketchup, mustard, mayo, hot sauce)	Frozen vegetables (of choice)
Butter	Sauces or marinades (soy, teriyaki, Worcestershire, BBQ)	Frozen fruit
Eggs	Salad dressings	Meat, tofu
Cheeses	Lemon or lime juice	Fruit
Yogurt	Pesto	Vegetables
Cream cheese	Olives	Onions
Sodas, canned drinks	Jams, jellies	Garlic
Cookie dough, ice cream	Garnishes	Fresh herbs

Pantry items and spices

Flour	Bread, bagels (of choice)	Basil
Yeast packets	Dry beans or legumes	Cayenne pepper
Sugars (brown, white, etc.)	Canned beans or peas	Cinnamon
Honey	Canned fruit or vegetables	Nutmeg
Chocolate (baking, chips, cocoa powder)	Canned chicken or tuna	Chili powder
Nuts or seeds	Coconut milk	Cumin
Baking powder/soda	Vinegars	Curry powder
Oils (olive, canola, etc.)	Applesauce, fruit snacks	Garam masala
Coffee or tea	Tomatoes (sauce, paste, crushed, diced)	Garlic powder
Nut butter (of choice)	Pasta sauce	Onion powder
Maple syrup	Taco shells or tortillas	Oregano
Breakfast cereals/grains	Bread crumbs	Paprika
Chips, pretzels	Oats	Parsley
Crackers	Pasta or noodles	Pepper
Popcorn	Quinoa or rice	Red pepper flakes
Protein or granola bars	Extracts (vanilla, almond)	Salt / seasoning salt
Rice cakes	Canned soups, broths	Thyme

Toiletries and medicine

Deodorant	Facial cleanser, moisturizer	Lip balm
Body wash	Cotton pads, Q-tips	Baby wash
Shampoo/conditioner	Sunscreen	Baby lotion
Toothpaste	Pain relievers (ibuprofen, acetaminophen)	Diaper rash cream
Floss, mouthwash	Allergy medicine	Diapers, wipes
Razors, shaving cream	Anti-nausea medicine	Bandages
Lotion	Cold medicine, decongestants	Hydrogen peroxide
Feminine products	Vitamins	Rubbing alcohol
Make-up	Cough drops, chest rub	Heartburn tablets or medication
Contact solution, eye drops	Antibiotics ointment (Neosporin), anti-itch cream	First aid kit

Household items and cleaners

Hand soap	Dishwashing detergent	Tub & shower cleaner
Hand sanitizer	Dish soap	Glass cleaner
Ziplock bags, freezer bags	Sponges	Cleaning vinegar
Paper towels	Disinfectant wipes	Furniture polishes
Napkins	Laundry detergent	Spot carpet cleaner
Trash bags	Dryer sheets	Toilet bowl cleaner
Toilet paper	Bleach (chlorine, oxygen)	Oven cleaner
Tissues	Fabric softener	Stainless steel cleaner
Aluminum foil	Lint roller	Essential oils
Cling wrap	Stain remover	
Wax paper, parchment paper	All-purpose cleaner	

Home maintenance and office supplies

Batteries	Pens, pencils	Drain cleaner
Lightbulbs	Highlighters	HVAC filters
Matches, lighters	Permanent markers	Pest sprays
Tape	Correction fluid or tape (Wite-Out)	Lawn care treatments
Staples	Sticky notes, notepads	Gasoline
Printer ink, paper	Clips (paper, binder)	Duct tape
Filing supplies	Envelopes, stamps	Super glue
Glue	Gift wrap	