



# Pantry Checklist

BASICS FOR YOUR LIFE IN PARAGUAY



Ready for surprise visitors, rainy days, or simply relaxed everyday life in Paraguay.

# The dry basics

*Your reliable backup for everyday life - from mate to flour.*

## Rice & pasta

Quick and filling basics for every day

## Wheat flour (000 / 0000) & cornmeal

For bread, baked goods, and Sopa Paraguaya

## Mandioca starch (almidón)

A must for chipa and mbejú

## UHT milk or milk powder

Long-life milk as a useful pantry basic

## Cooking oil

Sunflower or soybean oil

## Beans, peas & peanuts

Long-lasting and filling

## Salt, pepper, sugar / honey

Small kitchen basics

## Drinking water

5L-20L bidon & iced water for tereré

## Yerba mate & tea or coffee (depending on your habits)

For traditional mate tea or tereré - plain or mixed with herbs; coffee if that is part of your routine

# Fresh essentials

*Fresh from the market, the neighbor, or your own garden.*

## **Mandioca (cassava)**

Fresh or frozen (peeled)

## **Corn**

Fresh corn on the cob or corn kernels (choclo) frozen or canned

## **Queso Paraguay**

Typical for many Paraguayan dishes

## **Eggs**

In Paraguay often sold in trays of 30 (plancha)

## **Onions, garlic & spring onions**

For everyday flavor

## **Bell peppers, carrots & tomatoes**

Basic everyday vegetables

## **Seasonal fruit and vegetables**

Bananas, mangoes, guavas, cabbage, cucumbers, etc. - for variety

# Meat & fish

*Hearty, filling foods and traditional sources of energy.*

## Meat or fish

Fresh or frozen as a backup

## Dried meat (cecina)

Traditional long-lasting backup meat

## Tuna / canned meat

A reliable backup for quick meals

# Practical extras

*Small helpers that make everyday life in Paraguay a lot easier.*

## Toilet paper

Large packs are standard here

## Insect repellent

Coils or spray

## Power outage kit

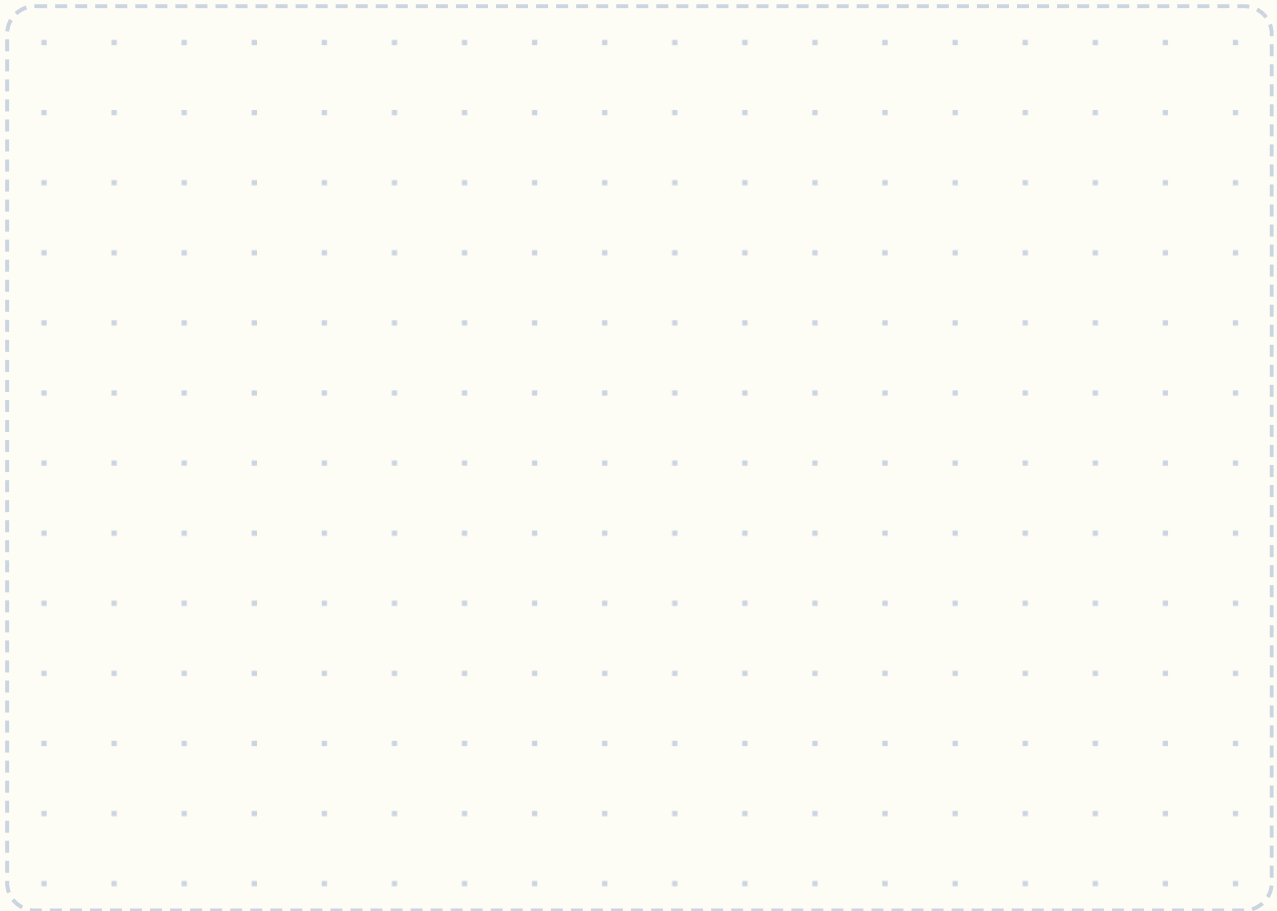
Candles, flashlight, batteries

## Gas cartridge

For the gas stove or an emergency cooker

# Your notes

Add your personal favorites or seasonal shopping notes here.



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