

Pantry Checklist

A complete plan to clean, organize, and restock your pantry from staples to containers.

Empty and Clean

- ☐ Remove everything from the shelves onto the counter
- ☐ Wipe down shelves, walls, and the floor
- ☐ Check every item's date and toss anything expired
Be honest about half-used jars and stale snacks.
- ☐ Set aside good food you will not use to donate
- ☐ Vacuum corners to remove crumbs and deter pests

Create Pantry Zones

- ☐ Group baking supplies like flour, sugar, and leaveners together
- ☐ Cluster grains and pasta in one accessible zone
- ☐ Gather canned goods by type: beans, tomatoes, and soups
- ☐ Set up a snack zone within easy reach for the family
- ☐ Reserve a spot for oils, vinegars, and condiments
Keep daily-use items at eye level.

Add Containers and Labels

- ☐ Decant dry staples into clear, airtight containers
- ☐ Label each container with its contents and a use-by date
- ☐ Add tiered shelves or risers so back rows stay visible
- ☐ Use bins to corral small packets and loose items
- ☐ Install a turntable for oils, sauces, and spices
A lazy Susan ends the digging in deep corners.

Take Inventory

- ☐ List what you have in each zone as you put it away
- ☐ Note quantities so you can spot duplicates and gaps
- ☐ Flag low staples that need restocking soon
- ☐ Keep a running shopping list inside the pantry door
- ☐ Snap a quick photo of full shelves for reference

Restock Core Staples

- ☐ Stock grains: rice, pasta, oats, and quinoa
- ☐ Restock canned beans, tomatoes, and broth
- ☐ Refill baking basics: flour, sugar, and baking soda
- ☐ Replenish oils, vinegars, and frequently used condiments
- ☐ Top up essential spices, salt, and pepper
Buy backups of the staples you use most.

Maintain Freshness

- ☐ Practice first-in, first-out by rotating older items forward
- ☐ Do a quick monthly pass to catch nearing expirations
- ☐ Wipe spills immediately to keep shelves clean

- ☐ Update your inventory list whenever stock runs low
- ☐ Restock the shopping list before the weekly grocery run