

Pantry Essentials Checklist

A staple-foods list of grains, canned goods, oils, baking supplies, spices and condiments to always keep stocked.

Grains and Starches

- ☐ Rice, white or brown
- ☐ Pasta and noodles in a couple of shapes
- ☐ Oats for breakfast and baking
- ☐ Flour, all-purpose and a whole-grain option
- ☐ Quinoa, couscous, or other quick grains
- ☐ Breadcrumbs or panko

Store opened grains in airtight containers to keep pests out.

Canned and Jarred Goods

- ☐ Canned beans: black, chickpea, and kidney
- ☐ Canned tomatoes, diced and crushed
- ☐ Tomato paste and pasta sauce
- ☐ Canned tuna, salmon, or chicken
- ☐ Stock or broth, low-sodium if possible
- ☐ Coconut milk for curries and soups
- ☐ Canned corn, beans, or vegetables for quick sides

Oils, Vinegars and Condiments

- ☐ Olive oil for cooking and dressings
- ☐ A neutral oil for high-heat cooking
- ☐ Vinegars: balsamic, white, and apple cider
- ☐ Soy sauce and hot sauce
- ☐ Ketchup, mustard, and mayonnaise
- ☐ Honey or maple syrup
- ☐ Peanut butter or another nut butter

Baking Supplies

- ☐ Sugar, both white and brown
- ☐ Baking soda and baking powder
- ☐ Vanilla extract
- ☐ Cornstarch for thickening
- ☐ Yeast for bread baking
- ☐ Cocoa powder or chocolate chips

Spices and Seasonings

- ☐ Salt and black peppercorns
- ☐ Garlic powder and onion powder
- ☐ Paprika and chili or cayenne
- ☐ Cumin and curry powder
- ☐ Dried oregano, basil, and thyme

- ☐ Cinnamon and ground ginger
- ☐ Bay leaves and a chili flake blend

Buy whole spices when you can; they keep their flavor longer.

Breakfast and Snacks

- ☐ Cereal or granola
- ☐ Coffee and tea
- ☐ Crackers and rice cakes
- ☐ Nuts and dried fruit
- ☐ Jam, jelly, or fruit spread
- ☐ Shelf-stable or long-life milk