

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