

# Pantry Essentials Checklist

Having a well-stocked pantry and fridge is like money in the bank. With basic supplies on hand, you'll be equally prepared to put together a family-friendly meal or a last-minute dinner for friends. The trick is figuring out what to lay by and what you can live without.



## Basics

- |  |   |
|--|---|
| <input type="checkbox"/> Kosher salt               | <input type="checkbox"/> Fine salt                  |
| <input type="checkbox"/> Black peppercorns         | <input type="checkbox"/> Extra virgin olive oil     |
| <input type="checkbox"/> Vegetable oil             | <input type="checkbox"/> Apple cider vinegar        |
| <input type="checkbox"/> Red wine vinegar          | <input type="checkbox"/> Balsamic or sherry vinegar |
| <input type="checkbox"/> Rice vinegar (unseasoned) |   |

## Baking

- |  |  |
|--|--|
| <input type="checkbox"/> Flour: all purpose, whole wheat or pastry | <input type="checkbox"/> Baking soda             |
| <input type="checkbox"/> Baking powder                             | <input type="checkbox"/> Cream of tartar         |
| <input type="checkbox"/> Cocoa powder (unsweetened)                | <input type="checkbox"/> Chocolate: chips or bar |
| <input type="checkbox"/> Evaporated milk                           | <input type="checkbox"/> Pure vanilla extract    |

## Sweeteners

- |   |   |
|---|---|
| <input type="checkbox"/> Granulated sugar | <input type="checkbox"/> Confectioners' sugar |
| <input type="checkbox"/> Brown sugar      | <input type="checkbox"/> Maple syrup          |

☐ Honey

☐ Agave syrup

## Drinks

☐ Coffee

☐ Tea

## Rice and Grains

☐ Long-grain white rice

☐ Brown rice

☐ Grains: bulgur, quinoa, couscous or farro

☐ Pasta: standard, whole grain, rice noodles or egg noodles

☐ Polenta

☐ Breadcrumbs: plain or panko

## Snacks and Cereals

☐ Crackers

☐ Tortillas

☐ Cookies or biscuits

☐ Pretzels

☐ Marshmallows

☐ Popcorn kernels

☐ Dried fruit: raisins, apricots or cherries

☐ Seeds: sunflower, flax, chia or hemp

☐ Peanut butter or almond butter

☐ Applesauce

☐ Breakfast cereal

☐ Old-fashioned rolled oats

## Canned Goods

☐ Chicken broth

☐ Beans: cannellini, navy, chickpeas or black

☐ Vegetables: hominy, corn or green beans

☐ Olives or capers

☐ Chiles: chipotles in adobo or pickled jalapenos

☐ Salsa

☐ Tomatoes

☐ Tomato paste

☐ Roasted red peppers

☐ Tuna

☐ Anchovy fillets or paste

## Dried Herbs and Spices

☐ Bay leaves

☐ Cajun seasoning

☐ Cayenne pepper

☐ Chili powder

☐ Crushed red pepper

☐ Curry powder

☐ Fennel or dill seed

☐ Granulated garlic

☐ Ground cinnamon

☐ Ground cloves

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☐ Ground cumin

☐ Oregano

☐ Rosemary

☐ Thyme

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☐ Ground ginger

☐ Paprika: sweet and smoked

☐ Sesame seeds

☐ Whole nutmeg

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