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

- [ ] Kosher salt
- [ ] Fine salt
- [ ] Black peppercorns
- [ ] Extra virgin olive oil
- [ ] Vegetable oil
- [ ] Apple cider vinegar
- [ ] Red wine vinegar
- [ ] Balsamic or sherry vinegar
- [ ] Rice vinegar (unseasoned)

Baking

- [ ] Flour: all purpose, whole wheat or pastry
- [ ] Baking soda
- [ ] Baking powder
- [ ] Cream of tartar
- [ ] Cocoa powder (unsweetened)
- [ ] Chocolate: chips or bar
- [ ] Evaporated milk
- [ ] Pure vanilla extract

Sweeteners

- [ ] Granulated sugar
- [ ] Confectioners' sugar
- [ ] Brown sugar
- [ ] 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

- [ ] Ground cumin
- [ ] Ground ginger
- [ ] Oregano
- [ ] Paprika: sweet and smoked
- [ ] Rosemary
- [ ] Sesame seeds
- [ ] Thyme
- [ ] Whole nutmeg

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