

PANTRY ESSENTIALS

Basics

Salt & pepper
Olive oil
Vegetable oil
Vinegar (apple
cider, balsamic,
red wine, etc.)

Baking Supplies

Flour
Sugar
Powdered sugar
Brown sugar
Baking soda
Baking powder
Biscuit mix
Cocoa powder
Cornstarch
Chocolate chips
Evaporated milk
Sweetened
condensed milk
Vanilla extract
Almond extract
Yeast
Shortening
Food coloring

Beverages

Coffee
Tea
Wine (red and white)

Snacks

Applesauce	Dried fruit	Pretzels
Chips	Marshmallows	Tortillas
Cookies	Peanut butter	
Crackers	Popcorn	

Dried Herbs

Basil
Bay leaves
Dill or Fennel
Italian Seasoning
Oregano
Red pepper
flakes
Rosemary
Sesame seeds
Thyme

Spices

Adobo
Allspice
Cajun seasoning
Cayenne pepper
Chili powder
Cinnamon (ground
and sticks)
Cloves (ground and
whole)
Cumin
Curry powder
Garlic powder
Ground ginger
Montreal steak
seasoning
Nutmeg
Onion powder
Paprika
Peppercorns
Turmeric

Canned, Jarred, Bottled Goods

Broth (chicken and beef)
Canned beans (navy,
white, black, garbanzo)
Canned fruit
Canned meats (tuna,
salmon, chicken, etc.)
Canned tomatoes (diced,
stewed, paste, roasted)
Canned vegetables (corn,
green beans, etc.)
Honey
Marinara sauce
Salsa
Soups (for cooking and
ready-to-eat)
Syrup

Dry Goods

Beans (lentils, kidney,
black, etc.)
Bouillon (cubes or powder,
chicken and beef)
Bread crumbs or panko
Cereal
Old-fashioned oats
Onion soup mix
Pasta (spaghetti, lasagna,
egg noodles, penne, etc.)
Rice
Taco seasoning packet

Produce

Apples	Lemons
Bananas	Lettuce
Bell peppers	Limes
Carrots	Onions
Cilantro	Parsley
Garlic	Potatoes
Leafy greens (spinach, kale, etc.)	

Refrigerator

DAIRY & EGGS
Butter
Cheese (sliced, block,
shredded, cheddar,
mozzarella, etc.)
Cream cheese
Eggs
Milk
Plain yogurt
Sour cream
CONDIMENTS
Barbecue sauce
Hot sauce
Jelly or jam
Ketchup
Mayonnaise
Mustard (Dijon, brown,
yellow)
Pickles
Salad dressing (ranch,
Italian, etc.)
Soy sauce
Worcestershire sauce

Freezer

Bacon
Bread
Chicken (breasts,
wings, legs, thighs)
Fruit (mango,
strawberries,
raspberries, etc.)
Ground beef
Nuts (almonds, pecans,
walnuts)
Sausage
Shrimp
Vanilla ice cream
Vegetables