

PANTRY STAPLES

WELL STOCKED KITCHEN CHECKLIST

PANTRY

- oatmeal
- cereal
- powdered or shelf-stable nut milk
- crackers
- canned tuna
- canned chicken
- canned tomatoes
- canned soups –tomato & cream-based
- broths
- instant rice
- dried pasta
- beans
- salad dressings
- mayonnaise
- mustard
- vinegar
- red wine vinegar
- balsamic vinegar
- olive oil
- vegetable oil
- soy sauce
- ketchup
- barbecue sauce
- peanut butter
- _____
- _____
- _____
- _____
- _____

- jelly or jam
- canned tomatoes
- jarred or canned olives
- canned corn
- roasted peppers (jarred)
- apple sauce
- fruit cups
- granola bars or bites
- nuts: almonds, walnuts, mixed nuts
- boxed cake mix
- pasta sauce (cream & tomato variety)
- tomato paste
- boxed pastas (like hamburger helper or Mac & Cheese)
- baking staples (if you bake frequently)
- chocolate chips
- cocoa powder
- sugar
- red & white wine
- salt & pepper
- spices
- potatoes
- garlic & onions
- couscous
- _____
- _____
- _____
- _____
- _____

REFRIGERATOR

- butter
- milk
- eggs
- rotisserie chicken
- parmesan cheese
- _____
- _____
- _____
- _____
- _____

- carrots
- lemons
- pizza dough
- plain yogurt
- dijon mustard

FREEZER

- peas
- spinach
- bread
- bacon
- shrimp
- _____
- _____
- _____
- _____
- _____