

Pantry Staples Checklist

Fresh Produce

- o Onions*
- o Carrots*
- o Celery
- o Potatoes*
- o Root Vegetables
- o Winter Squash
- o Garlic*
- o Shallots
- o Ginger Root
- o Citrus
- o Apples
- o Bananas (Sliced, Frozen)

Frozen Food

- o Vegetables*
- o Fruit*
- o Pizza Dough
- o Ice Cream
- o Tortillas
- o Ice Cream
- o Veggie Burgers
- o Frozen Meals
- o Homemade Pasta
- Sauces,

Canned / Shelf-Stable

- Foods**
- o Beans*
- o Tomatoes*
- o Pasta Sauce*
- o Hoisin
- o Nutella/Peanut Butter
- o Jelly
- o Chili Box mix
- o Canned Vegetables
- o Bread
- o Buns/Bagels
- o Cereal
- o Jalapeño in Jar
- o Salsa
- o Pickles
- o Soup

Dry Ingredients

- o Pasta and Noodles*
- o Rice*
- o Oatmeal
- o Dried Beans
- o Bouillon (or Boxed Broth)*
- o Rolled Oats*
- o Popcorn
- o Breadcrumbs / Panko
- o Dried Fruit*
- o Dried Chiles
- o Crackers
- o Pretzels

Oil, Vinegar, and Sauces

- o Extra Virgin Olive Oil*
- o Neutral Cooking Oil *
- o Sesame Oil
- o Non-Stick Cooking Spray*
- o Coconut Oil
- o Vinegar*
- o Soy Sauce (or Tamari)*
- o Hot Sauce*
- o Mayonnaise
- o Mustard
- o Ketchup
- o Prepared Salad Dressing
- o Miso

Dairy

- o Large Eggs
- o Milk
- o Half/Half
- o Coffee Creamer

Drinks

- o Coffee*
- o Tea*
- o Bottled Water*
- o Sparkling Water

Herbs and Spices

- o Kosher Salt*
- o Whole Peppercorns*
- o Basil*
- o Oregano*
- o Crushed Red Pepper
- Flakes
- o Cayenne
- o Ground Cumin*
- o Chili Powder*
- o Thyme
- o Rosemary
- o Sage
- o Paprika
- o Smoked Paprika
- o Garlic Powder
- o All-Purpose Seasoning
- o Cinnamon*
- o Nutmeg

Baking Essentials

- o Flour*
- o Cornmeal
- o Sugar*
- o Maple Syrup*
- o Honey
- o Baking Soda*
- o Baking Powder*
- o Dry Yeast
- o Cornstarch
- o Unsweetened Cocoa Powder
- o Pure Vanilla Extract*
- o Other Extracts
- o Pumpkin Puree
- o Chocolate Chips
- o Baking Chocolate
- o Pancake Mix
- o Muffin Mix

*The basics are marked with an *

Try to keep those on hand all year round.

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