Here are some common major categories, but you should categorize things the way they make sense to you, and also depending on what your family likes to cook and eat.

Regular font is what I consider a staple item, food in *italics* is what I would consider optional, but you decide what is appropriate for you and your family.

|  |  |  |
| --- | --- | --- |
| **Baking Supplies** | **Have** | **Need**  **to Buy** |
| Baking Soda | ▢ | ▢ |
| Baking powder | ▢ | ▢ |
| Flour (white, whole wheat, pastry) | ▢ | ▢ |
| Sugar (white, brown) | ▢ | ▢ |
| *Semi-sweet chocolate chips* | ▢ | ▢ |
| *Pitted dates* | ▢ | ▢ |
| *Applesauce* | ▢ | ▢ |
| Raw honey | ▢ | ▢ |
| Maple syrup | ▢ | ▢ |
| Cocoa powder | ▢ | ▢ |
| Vanilla extract | ▢ | ▢ |
| Whole (rolled) or steel cut oats | ▢ | ▢ |
| *Unsweetened shredded coconut* | ▢ | ▢ |
| Raisins or other dried fruit | ▢ | ▢ |
| *Molasses* |  |  |
|  |  |  |
| **Condiments, Oils, Vinegars** | **Have** | **Need**  **to Buy** |
| Extra virgin olive oil | ▢ | ▢ |
| Grapeseed oil | ▢ | ▢ |
| Coconut oil | ▢ | ▢ |
| Balsamic vinegar | ▢ | ▢ |
| Red wine vinegar | ▢ | ▢ |
| Apple cider vinegar | ▢ | ▢ |
| *Rice wine vinegar* | ▢ | ▢ |
| Ketchup | ▢ | ▢ |
| Mustard | ▢ | ▢ |
| *Dijon mustard* | ▢ | ▢ |
| Mayonnaise | ▢ | ▢ |
| Barbecue sauce | ▢ | ▢ |
| Worcestershire sauce | ▢ | ▢ |
| Reduced-sodium soy sauce | ▢ | ▢ |
| *Fish sauce* | ▢ | ▢ |
| *Hot sauce* | ▢ | ▢ |
|  |  |  |
| **Canned Goods: Beans, Legumes, Tomatoes, Tuna**  (buy low-sodium where possible) | **Have** | **Need**  **to Buy** |
| Chickpeas | ▢ | ▢ |
| Lentils | ▢ | ▢ |
| White/Fava/Kidney/Black/Pinto/Navy beans | ▢ | ▢ |
| Corn | ▢ | ▢ |
| Canned tuna/salmon | ▢ | ▢ |
| Tomato sauce | ▢ | ▢ |
| Strained tomatoes | ▢ | ▢ |
| Diced tomatoes | ▢ | ▢ |
| Tomato paste | ▢ | ▢ |
| *Low-sodium soup* | ▢ | ▢ |
|  |  |  |
| **Boxed Goods: Pasta, Rice, Cereal, Crackers** | **Have** | **Need**  **to Buy** |
| Quick oats | ▢ | ▢ |
| Quinoa/Millet/Couscous | ▢ | ▢ |
| Whole-grain pasta | ▢ | ▢ |
| Rice | ▢ | ▢ |
| *Crackers* | ▢ | ▢ |
| *Breakfast cereal* | ▢ | ▢ |
| Bread | ▢ | ▢ |
| *Breadcrumbs* | ▢ | ▢ |
|  |  |  |
| **Nuts, Nut butters, Seeds**  (buy unsalted where possible) | **Have** | **Need**  **to Buy** |
| Almond butter | ▢ | ▢ |
| Almonds/Walnuts/Pecans/Cashews | ▢ | ▢ |
| Pumpkin seeds | ▢ | ▢ |
| Sesame seeds | ▢ | ▢ |
| Sunflower seeds | ▢ | ▢ |
| *Hemp hearts/hemp seeds* | ▢ | ▢ |
| Flaxseed, ground | ▢ | ▢ |
| *Chia seeds* | ▢ | ▢ |
| Tahini | ▢ | ▢ |
|  |  |  |
| **Snacks** | **Have** | **Need**  **to Buy** |
| Rice cakes | ▢ | ▢ |
| *Chips* | ▢ | ▢ |
| Crackers | ▢ | ▢ |
| *Candy* | ▢ | ▢ |
| Chocolate | ▢ | ▢ |
|  |  |  |
| **Root Vegetables** | **Have** | **Need**  **to Buy** |
| Sweet potatoes/yams | ▢ | ▢ |
| Potatoes | ▢ | ▢ |
| Red onions | ▢ | ▢ |
| Yellow onions | ▢ | ▢ |
|  |  |  |
| **Spices**  (not exhaustive) | **Have** | **Need**  **to Buy** |
| Sea salt | ▢ | ▢ |
| Black pepper | ▢ | ▢ |
| Garlic powder | ▢ | ▢ |
| Onion powder | ▢ | ▢ |
| Oregano | ▢ | ▢ |
| Basil | ▢ | ▢ |
| Parsley | ▢ | ▢ |
| Chili powder | ▢ | ▢ |
| Cayenne | ▢ | ▢ |
| Paprika | ▢ | ▢ |
| Dry mustard | ▢ | ▢ |
| Ginger | ▢ | ▢ |
| All spice | ▢ | ▢ |
| Cinnamon | ▢ | ▢ |
|  |  |  |
| **Entertaining and Storage Items** | **Have** | **Need**  **to Buy** |
| Storage and freezer bags | ▢ | ▢ |
| Wax paper | ▢ | ▢ |
| Tin foil | ▢ | ▢ |
| Plastic wrap | ▢ | ▢ |
| Glass storage containers, various sizes | ▢ | ▢ |
| Napkins/Paper towels | ▢ | ▢ |
| Disposable utensils, plates, bowls, cups | ▢ | ▢ |
| Garbage bags | ▢ | ▢ |
|  |  |  |
| **Drinks** | **Have** | **Need**  **to Buy** |
| Unsweetened almond milk (or cashew or coconut) | ▢ | ▢ |
| *Soda* | ▢ | ▢ |
|  |  |  |
| **Pet Food**  (if applicable) | **Have** | **Need**  **to Buy** |
| Pet food/treats | ▢ | ▢ |