

## Pantry Basics Checklist

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.

<b>Baking Supplies</b>	<b>Have</b>	<b>Need to Buy</b>
Baking Soda	<input type="checkbox"/>	<input type="checkbox"/>
Baking powder	<input type="checkbox"/>	<input type="checkbox"/>
Flour (white, whole wheat, pastry)	<input type="checkbox"/>	<input type="checkbox"/>
Sugar (white, brown)	<input type="checkbox"/>	<input type="checkbox"/>
<i>Semi-sweet chocolate chips</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Pitted dates</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Applesauce</i>	<input type="checkbox"/>	<input type="checkbox"/>
Raw honey	<input type="checkbox"/>	<input type="checkbox"/>
Maple syrup	<input type="checkbox"/>	<input type="checkbox"/>
Cocoa powder	<input type="checkbox"/>	<input type="checkbox"/>
Vanilla extract	<input type="checkbox"/>	<input type="checkbox"/>
Whole (rolled) or steel cut oats	<input type="checkbox"/>	<input type="checkbox"/>
<i>Unsweetened shredded coconut</i>	<input type="checkbox"/>	<input type="checkbox"/>
Raisins or other dried fruit	<input type="checkbox"/>	<input type="checkbox"/>
<i>Molasses</i>		
<b>Condiments, Oils, Vinegars</b>	<b>Have</b>	<b>Need to Buy</b>
Extra virgin olive oil	<input type="checkbox"/>	<input type="checkbox"/>
Grapeseed oil	<input type="checkbox"/>	<input type="checkbox"/>
Coconut oil	<input type="checkbox"/>	<input type="checkbox"/>
Balsamic vinegar	<input type="checkbox"/>	<input type="checkbox"/>
Red wine vinegar	<input type="checkbox"/>	<input type="checkbox"/>
Apple cider vinegar	<input type="checkbox"/>	<input type="checkbox"/>
<i>Rice wine vinegar</i>	<input type="checkbox"/>	<input type="checkbox"/>
Ketchup	<input type="checkbox"/>	<input type="checkbox"/>
Mustard	<input type="checkbox"/>	<input type="checkbox"/>
<i>Dijon mustard</i>	<input type="checkbox"/>	<input type="checkbox"/>
Mayonnaise	<input type="checkbox"/>	<input type="checkbox"/>
Barbecue sauce	<input type="checkbox"/>	<input type="checkbox"/>
Worcestershire sauce	<input type="checkbox"/>	<input type="checkbox"/>
Reduced-sodium soy sauce	<input type="checkbox"/>	<input type="checkbox"/>
<i>Fish sauce</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Hot sauce</i>	<input type="checkbox"/>	<input type="checkbox"/>

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<b>Canned Goods: Beans, Legumes, Tomatoes, Tuna</b> (buy low-sodium where possible)	<b>Have</b>	<b>Need to Buy</b>
Chickpeas	<input type="checkbox"/>	<input type="checkbox"/>
Lentils	<input type="checkbox"/>	<input type="checkbox"/>
White/Fava/Kidney/Black/Pinto/Navy beans	<input type="checkbox"/>	<input type="checkbox"/>
Corn	<input type="checkbox"/>	<input type="checkbox"/>
Canned tuna/salmon	<input type="checkbox"/>	<input type="checkbox"/>
Tomato sauce	<input type="checkbox"/>	<input type="checkbox"/>
Strained tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
Diced tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
Tomato paste	<input type="checkbox"/>	<input type="checkbox"/>
<i>Low-sodium soup</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Boxed Goods: Pasta, Rice, Cereal, Crackers</b>	<b>Have</b>	<b>Need to Buy</b>
Quick oats	<input type="checkbox"/>	<input type="checkbox"/>
Quinoa/Millet/Couscous	<input type="checkbox"/>	<input type="checkbox"/>
Whole-grain pasta	<input type="checkbox"/>	<input type="checkbox"/>
Rice	<input type="checkbox"/>	<input type="checkbox"/>
<i>Crackers</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Breakfast cereal</i>	<input type="checkbox"/>	<input type="checkbox"/>
Bread	<input type="checkbox"/>	<input type="checkbox"/>
<i>Breadcrumbs</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Nuts, Nut butters, Seeds</b> (buy unsalted where possible)	<b>Have</b>	<b>Need to Buy</b>
Almond butter	<input type="checkbox"/>	<input type="checkbox"/>
Almonds/Walnuts/Pecans/Cashews	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin seeds	<input type="checkbox"/>	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>	<input type="checkbox"/>
Sunflower seeds	<input type="checkbox"/>	<input type="checkbox"/>
<i>Hemp hearts/hemp seeds</i>	<input type="checkbox"/>	<input type="checkbox"/>
Flaxseed, ground	<input type="checkbox"/>	<input type="checkbox"/>
<i>Chia seeds</i>	<input type="checkbox"/>	<input type="checkbox"/>
Tahini	<input type="checkbox"/>	<input type="checkbox"/>
<b>Snacks</b>	<b>Have</b>	<b>Need to Buy</b>
Rice cakes	<input type="checkbox"/>	<input type="checkbox"/>
<i>Chips</i>	<input type="checkbox"/>	<input type="checkbox"/>
Crackers	<input type="checkbox"/>	<input type="checkbox"/>
<i>Candy</i>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate	<input type="checkbox"/>	<input type="checkbox"/>

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<b>Root Vegetables</b>	<b>Have</b>	<b>Need to Buy</b>
Sweet potatoes/yams	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes	<input type="checkbox"/>	<input type="checkbox"/>
Red onions	<input type="checkbox"/>	<input type="checkbox"/>
Yellow onions	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spices (not exhaustive)</b>	<b>Have</b>	<b>Need to Buy</b>
Sea salt	<input type="checkbox"/>	<input type="checkbox"/>
Black pepper	<input type="checkbox"/>	<input type="checkbox"/>
Garlic powder	<input type="checkbox"/>	<input type="checkbox"/>
Onion powder	<input type="checkbox"/>	<input type="checkbox"/>
Oregano	<input type="checkbox"/>	<input type="checkbox"/>
Basil	<input type="checkbox"/>	<input type="checkbox"/>
Parsley	<input type="checkbox"/>	<input type="checkbox"/>
Chili powder	<input type="checkbox"/>	<input type="checkbox"/>
Cayenne	<input type="checkbox"/>	<input type="checkbox"/>
Paprika	<input type="checkbox"/>	<input type="checkbox"/>
Dry mustard	<input type="checkbox"/>	<input type="checkbox"/>
Ginger	<input type="checkbox"/>	<input type="checkbox"/>
All spice	<input type="checkbox"/>	<input type="checkbox"/>
Cinnamon	<input type="checkbox"/>	<input type="checkbox"/>
<b>Entertaining and Storage Items</b>	<b>Have</b>	<b>Need to Buy</b>
Storage and freezer bags	<input type="checkbox"/>	<input type="checkbox"/>
Wax paper	<input type="checkbox"/>	<input type="checkbox"/>
Tin foil	<input type="checkbox"/>	<input type="checkbox"/>
Plastic wrap	<input type="checkbox"/>	<input type="checkbox"/>
Glass storage containers, various sizes	<input type="checkbox"/>	<input type="checkbox"/>
Napkins/Paper towels	<input type="checkbox"/>	<input type="checkbox"/>
Disposable utensils, plates, bowls, cups	<input type="checkbox"/>	<input type="checkbox"/>
Garbage bags	<input type="checkbox"/>	<input type="checkbox"/>
<b>Drinks</b>	<b>Have</b>	<b>Need to Buy</b>
Unsweetened almond milk (or cashew or coconut)	<input type="checkbox"/>	<input type="checkbox"/>
Soda	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pet Food (if applicable)</b>	<b>Have</b>	<b>Need to Buy</b>
Pet food/treats	<input type="checkbox"/>	<input type="checkbox"/>