



# PRINTABLE PANTRY CHECKLIST

A rustic and comprehensive guide

## Dry Goods

- Rice (white or brown)
- Oats
- Pasta
- All-purpose flour
- Cornmeal
- Lentils
- Dry beans (pinto, black, navy)

## Baking & Basics

- Sugar
- Baking powder & soda
- Salt
- Yeast
- Vinegar (white & apple cider)
- Vanilla extract

## Canned & Jarred

- Crushed tomatoes
- Beans (if not using dry)
- Tuna or chicken
- Peanut butter
- Jam or jelly

## Oils & Fats

- Olive oil

- Vegetable or coconut oil
- Shortening or lard

## Spices & Seasonings

- Garlic powder
- Onion powder
- Italian seasoning
- Chili powder
- Cinnamon
- Bouillon cubes or paste

## Bonus Staples (As Budget Allows)

- Soy sauce
- Hot sauce
- Honey
- Evaporated milk
- Coconut milk

### Instructions:

Print this checklist and keep it handy in your pantry. As you use items, check them off the list. Before your next grocery trip, review the checklist to see what needs restocking.