

Pantry List

Foods to Store, Stockpile and Have on Hand

Dry Goods

- baking (biscuit) mix
- baking powder
- baking soda
- beans
- breadcrumbs
- chocolate chips
- crackers (saltine)
- cocoa
- cornmeal
- cornstarch
- flour (all-purpose)
- flour (cake)
- gelatin
- nuts
- oatmeal
- pasta
- peas
- rice (brown)
- rice (white)
- shortening
- shortening sticks
- soup mix (onion)
- soup mix (vegetable)
- sugar (granulated)
- sugar (powdered)
- sugar (brown)
- unsweetened chocolate
- yeast
- _____
- _____
- _____
- _____

Vegetables

- garlic
- lemons/limes
- mushrooms
- potatoes
- onions
- peppers (sweet)
- _____
- _____
- _____
- _____
- _____

Herbs & Spices

- allspice
- basil
- bay leaves
- bouillon
- caraway seeds
- celery seed
- chives
- cilantro
- cinnamon (ground)
- cinnamon (sticks)
- cloves (ground)
- cloves (whole)
- cumin
- curry
- dill seed
- dill weed
- extracts
- fennel
- garlic (minced)
- garlic powder
- garlic salt
- ginger
- Italian seasoning
- mace
- marjoram
- mustard
- nutmeg
- onion powder
- onion salt
- oregano
- parsley
- pepper (black)
- pepper (cayenne)
- peppercorns
- pickling spice
- rosemary
- sage
- salt (coarse)
- salt (iodized)
- thyme
- turmeric
- vanilla
- _____
- _____
- _____

Oils & Vinegars

- nonstick spray
- olive oil
- vegetable oil
- vinegar (balsamic)
- vinegar (cider)
- vinegar (red wine)
- vinegar (white)
- _____

Frozen

- bacon
- beef
- chicken
- fruits
- pastry dough
- vegetables
- _____

Canned Foods

- broth
- fruit
- chilies
- condensed soup
- pie filling
- tomatoes
- tomato paste
- tomato sauce
- tuna
- vegetables
- _____
- _____

Bottles & Jars

- corn syrup
- honey
- hot sauce
- olives
- peanut butter
- pickles
- pimentos
- salsa
- soy sauce
- Worcestershire sauce
- _____