

Pantry Starter List

Baking Supplies

- All-purpose flour
- Whole wheat flour (optional)
- Baking powder
- Baking soda
- Granulated sugar
- Brown sugar
- Confectioners' sugar
- Cocoa powder
- Cornstarch
- Yeast
- Vanilla extract
- Honey
- Molasses (optional)

Grains and Pasta

- White rice (long grain or jasmine)
- Brown rice
- Quinoa
- Rolled oats or steel-cut oats
- Spaghetti or linguine
- Penne or elbow macaroni
- Couscous or bulgur wheat (optional)

Canned and Jarred Goods

- Diced tomatoes
- Tomato paste
- Tomato sauce
- Canned beans (black, kidney, pinto, garbanzo)
- Canned corn
- Canned tuna or salmon
- Chicken or vegetable broth
- Canned coconut milk (optional)
- Canned fruits (pineapple, peaches, or pears)

Condiments and Sauces

- Ketchup
- Mustard
- Mayonnaise
- Soy sauce
- Worcestershire sauce
- Hot sauce
- BBQ sauce
- Vinegars (white, apple cider, balsamic)

Oils and Fats

- Olive oil
- Vegetable or canola oil
- Coconut oil (optional)
- Non-stick cooking spray

Spices and Seasonings

- Salt (table and kosher)
- Black pepper (ground and whole)
- Garlic powder
- Onion powder
- Paprika
- Chili powder
- Cumin
- Oregano
- Basil
- Thyme
- Italian seasoning
- Cinnamon
- Nutmeg
- Red pepper flakes

Dry Goods and Staples

- Dried beans (black, pinto, lentils)
- Lentils (red, green, or brown)
- Breadcrumbs (or save bread to make your own)
- Sugar (white and brown)
- Peanut butter or other nut butters
- Jelly or jam
- Pasta sauce (jarred)
- Instant mashed potatoes (optional)

Snacks and Miscellaneous

- Crackers
- Popcorn kernels
- Pretzels or chips
- Dried fruits (raisins, apricots, etc.)
- Nuts and seeds (almonds, walnuts, sunflower seeds)

Refrigerated Staples

- Butter (unsalted and salted)
- Eggs
- Cheese (block or shredded)
- Milk (or plant-based alternatives)
- Plain yogurt

- Cream cheese

Frozen Staples

- Frozen vegetables (mixed, broccoli, spinach)
- Frozen fruits (berries, mango)
- Bread (store extras in the freezer)
- Frozen meats (chicken breasts, ground beef)

Fresh Produce

- Potatoes (russet or red)
 - Sweet potatoes
 - Onions (yellow and red)
 - Garlic
 - Carrots
 - Apples
 - Bananas
 - Lemons or limes (optional)
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Tips for Stocking Your Pantry

1. **Start Small:** Add a few items to your pantry each week based on sales and your budget.
2. **Rotate Stock:** Use older items first to prevent waste.
3. **Buy in Bulk:** Consider purchasing staples like rice, beans, and oats in bulk for savings.
4. **Store Properly:** Use airtight containers to keep dry goods fresh longer.
5. **Plan for Variety:** Include items for a mix of cuisines (e.g., soy sauce for Asian dishes, cumin for Mexican flavors).