

Pantry Staples Inventory Guide

Basics

- Oils- Olive oil, vegetable oil or canola oil
- Vinegars- White vinegar, apple cider vinegar, balsamic vinegar, rice vinegar
- Boxed Cake Mixes
- Pancake Mix
- Sandwich Bread
- Dry Cereal

Canned/Jarred Foods

- Canned Vegetables- Green beans, Corn, Potatoes, etc.
- Canned Beans- Black beans, kidney beans, navy beans, chickpeas, baked beans
- Canned Tomatoes- Diced, Sauce, Paste, etc.
- Broth or Stock- Chicken broth, Vegetable broth, Beef broth, or bullion
- Condensed Soups- Cream of chicken soup, cream of mushroom soup, etc.
- Canned Tuna/Chicken
- Canned Fruit- pears, peaches, mixed fruit cocktail

Fridge Staples

- Milk
- Butter
- Eggs
- Cheese
- Cream Cheese
- Sour Cream

Grains and Pastas

- Dry Pasta Noodles- Spaghetti, Penne, Rotini, Elbow, etc.
- Rice- White rice, brown rice, quick cooking rice, boxed rice side dishes
- Oats- Quick cooking oats, old fashioned oats, steel cut, instant oatmeal, etc.

Sauces and Condiments

- Spaghetti Sauce/Alfredo Sauce/Pizza Sauce
- Worcestershire sauce
- Soy Sauce
- Salsa
- Maple Syrup
- Honey
- Peanut Butter
- Jam or Jelly
- Ketchup
- Mustard
- Mayonnaise

Baking Essentials

- Nonstick Cooking Spray
- Cornstarch
- Flour- All purpose flour, self rising flour, bread flour
- Vanilla Extract
- Baking Powder and Baking Soda
- Yeast
- Sugars- Granulated sugar, brown sugar, powdered sugar
- Seasonings/Spices- Salt, black pepper, cinnamon, nutmeg, Italian seasoning, garlic powder, onion powder, paprika, etc.

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