

PANTRY ESSENTIALS CHECKLIST

STAPLES:

CEREAL
COFFEE
DRIED FRUIT
MARSHMALLOWS
PASTA NOODLES
ONIONS (DRIED FLAKES OR FRESH)
POPPING CORN
POTATOES
RICE

CONDIMENTS & SEASONINGS:

KETCHUP
MUSTARD
BBQ SAUCE
MAYONNAISE
SHORTENING
COOKING OIL
BUTTER
VINEGAR
EVAPORATED MILK
MAPLE SYRUP
CHOCOLATE SYRUP
LEMON JUICE
CINNAMON
PEPPER
NUTMEG
SALT
GARLIC
VANILLA
MEAT TENDERIZER

DRY ITEMS:

POWDERED MILK
POWDERED HOT CHOCOLATE
INSTANT COFFEE
INSTANT OR LOOSE-LEAF TEA
INSTANT PUDDING
PIE FILLING
GELATIN
FLOUR
SUGAR (WHITE AND BROWN)
BAKING POWDER
BAKING SODA
CREAM OF TARTAR

CANNED/BOTTLED/JARRED ITEMS:

CHICKEN
TUNA
PEANUT BUTTER
JAM OR JELLY
VEGETABLES
FRUIT JUICE (ORANGE, APPLE, ETC.)
VEGETABLE JUICE
SPAGHETTI SAUCE
SOUP - CANNED OR RAMEN
PICKLES

