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Pantry Staples Inventory

Spices & Seasonings

- ☐ Basil
- ☐ Cayenne pepper
- ☐ Chili powder
- ☐ Crushed red pepper
- ☐ Curry powder
- ☐ Garlic powder
- ☐ Ground cinnamon
- ☐ Ground ginger
- ☐ Ground nutmeg
- ☐ Onion powder
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Rosemary
- ☐ Thyme

Pasta & Grains

- ☐ Oatmeal
- ☐ Rice
- ☐ Spaghetti
- ☐ Various pasta

Baking Ingredients

- ☐ Baking powder
- ☐ Baking soda
- ☐ Brown sugar
- ☐ Cornstarch
- ☐ Unsweetened cocoa powder
- ☐ Vanilla extract
- ☐ Yeast
- ☐ White flour
- ☐ White sugar
- ☐ Whole wheat flour

Condiments

- ☐ Apple cider vinegar
- ☐ Cooking spray
- ☐ Honey
- ☐ Hot/Tabasco sauce
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Olive oil
- ☐ Red wine vinegar
- ☐ Soy sauce
- ☐ Vegetable or canola oil
- ☐ Worcestershire sauce

Fresh Produce

- ☐ Garlic
- ☐ Onions
- ☐ Potatoes

In the Refrigerator

- ☐ Butter
- ☐ Cheese
- ☐ Eggs
- ☐ Lemon juice
- ☐ Milk
- ☐ Sour cream

In the Freezer

- ☐ Chicken
- ☐ Cooked beans
- ☐ Cooked rice
- ☐ Ground beef
- ☐ Other meats

On the Shelf

- ☐ Beef broth
- ☐ Canned tuna
- ☐ Chicken broth
- ☐ Diced tomatoes
- ☐ Tomato paste
- ☐ Tomato sauce