

Kitchen Pantry

Checklist

The following list is what items you should, but certainly do not have to, have in your kitchen pantry. Please remember to keep an eye on expiry dates, as pantry items do not get thrown out as often as items in the fridge.

- Spices/Seasonings__
- Flour__
- Starches__
- Canned Foods__
- Whole Grains__
- Oils__
- Boxed Items__
- Candies__
- Wines/Liquors__
- Condiments (unopened)__
- Coffees__
- Rice__
- Vinegars__
- Sweeteners__
- Perishables__
- Teas__
- Beans__
- Crackers/Chips__
- Soup Broth (unopened)__
- Pasta__
- Pasta Sauce__
- Lentils__
- Baking Soda__
- Baking Powder__
- Baking Chocolate__
- Salt/Pepper__
- Extra Paper Towel__
- Vanilla Extract__
- Chocolate Chips__
- Canned Soups__
- Food Colouring__
- Dried Fruit__
- Dehydrated Food__
- Honey__
- Baked Goods__