

Well-Stocked Pantry Essentials



GRAINS & PASTA

- Rice (long-grain, basmati, jasmine, brown, arborio)
- Pasta (spaghetti, penne, dried lasagna sheets)
- Noodles
- Oats (rolled, steel-cut, quick)
- Quinoa
- Barley
- Breadcrumbs (plain, Panko)
- Couscous
- Cornmeal
- Cereal

BAKING

- Flour (all-purpose, bread, self-rising)
- Sugar (granulated, brown, powdered)
- Cornstarch
- Honey
- Maple syrup
- Baking soda
- Baking powder
- Yeast (active-dry, rapid-rise)
- Cocoa powder
- Chocolate chips
- Brownie mix
- Sweetened condensed milk
- Gelatin
- Pancake mix
- Vanilla extract

SPICES & SEASONINGS

- Salt (table, kosher, sea)
- Black pepper
- Garlic powder
- Onion powder
- Paprika (smoked, sweet)
- Chili powder
- Red pepper flakes
- Cumin
- Oregano
- Basil

CONDIMENTS & SAUCES

- BBQ sauce
- Ranch dressing
- Pickles
- Hot sauce
- Salsa
- Mustard (yellow, Dijon)
- Ketchup
- Mayonnaise
- Sriracha
- Teriyaki sauce
- Tahini
- Soy sauce
- Worcestershire sauce

NUTS, SEEDS & DRIED FRUITS

- Almonds
- Walnuts
- Peanuts
- Pecans
- Cashews
- Sunflower seeds
- Chia seeds
- Raisins
- Dried cranberries
- Dried apricots

OILS & VINEGARS

- Olive oil
- Vegetable oil (canola, sunflower)
- Sesame oil
- Avocado oil
- Cooking spray
- Balsamic vinegar
- Apple cider vinegar
- White vinegar
- Red/white wine vinegar
- Rice vinegar

CANNED, JARRED & BOXED

- Canned tomatoes (whole, diced, crushed)
- Tomato paste
- Canned beans (black, kidney, white)
- Canned chickpeas
- Canned corn
- Canned tuna
- Canned coconut milk
- Capers
- Green chilies
- Roasted red peppers
- Artichoke hearts
- Olives
- Pasta sauce
- Evaporated milk
- Broth (chicken, beef, vegetable)

SPICES & SEASONINGS

- Thyme
- Rosemary
- Dried herb mixes (Italian)
- Sage
- Coriander
- Cayenne pepper
- Bay leaves
- Cinnamon
- Nutmeg
- Allspice

SNACKS

- Popcorn kernels
- Crackers
- Pretzels
- Chips
- Chocolate bars
- Cookies
- Granola bars
- Fruit snacks
- Dried fruit
- Seaweed snacks
- Trail mix
- Peanut butter
- Jam/Jelly

BEVERAGES

- Coffee
- Tea (black, green, herbal)
- Hot cocoa mix
- Soda
- Juice

LEGUMES

- Lentils (green, red, brown)
- Split peas
- Dried beans (black, pinto, kidney, chickpeas)