

Pantry Essentials Checklist (Shelf-Stable Only)

Dry Goods & Grains

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|--|---|
| <input type="checkbox"/> Rice (white, brown, jasmine) | <input type="checkbox"/> Pasta (spaghetti, macaroni) |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Flour |
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> Shelf-stable milk (powdered or boxed) | <input type="checkbox"/> Tortillas (unopened shelf-stable only) |

Canned & Jarred Goods

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|--|--|
| <input type="checkbox"/> Canned beans (black, kidney, chickpeas) | <input type="checkbox"/> Canned tomatoes (diced, crushed, sauce) |
| <input type="checkbox"/> Canned tuna or chicken | <input type="checkbox"/> Canned vegetables (corn, peas, green beans, mixed vegetables) |
| <input type="checkbox"/> Canned fruit (peaches, pineapple, fruit cocktail) | <input type="checkbox"/> Peanut butter |

Seasonings & Flavor Boosters

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| <input type="checkbox"/> Salt | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Onion powder |
| <input type="checkbox"/> Chili powder or flakes | <input type="checkbox"/> Dried herbs (oregano, basil, thyme) |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Bouillon cubes or powder (chicken, beef) |
| <input type="checkbox"/> Cooking oil (vegetable, olive) | <input type="checkbox"/> Soy sauce (unopened) |
| <input type="checkbox"/> Hot sauce (unopened shelf-stable) | |

Optional Add-Ins & Extras

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| <input type="checkbox"/> Honey | <input type="checkbox"/> Dried fruit (raisins, cranberries, dates) |
| <input type="checkbox"/> Nuts or seeds | <input type="checkbox"/> Protein powder |
| <input type="checkbox"/> Shelf-stable snacks (popcorn, granola bars, trail mix) | <input type="checkbox"/> Tea or coffee |