

Pantry Essentials Checklist (Shelf-Stable Only)

Dry Goods & Grains

<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

<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

<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

<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