



Pantry Starter Checklist

A simple list to help you stock your pantry step by step. Check items off as you go

DRY STAPLES & GRAINS

- ☐ Rice
- ☐ Pasta
- ☐ Oats
- ☐ Flour

CANNED & JARRED GOODS

- ☐ Beans
- ☐ Diced Tomatoes
- ☐ Tomato Paste
- ☐ Tuna/Chicken

ESSENTIAL FATS & OILS

- ☐ Vegetable Oil
- ☐ Olive Oil
- ☐ Butter
- ☐ Peanut Butter

SEASONINGS & CONDIMENTS

- ☐ Onion Powder
- ☐ Garlic Powder
- ☐ Vinegar
- ☐ Soy Sauce

FRESH LONG-LASTING BASICS

- ☐ Onions
- ☐ Garlic
- ☐ Carrots
- ☐ Potatoes

SNACK & TREAT BASICS

- ☐ Popcorn Kernels
- ☐ Jelly or Jam
- ☐ Crackers
- ☐ Honey (optional)

Tip: Start with one category each week instead of buying everything all at once.

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