

# Basic pantry items check list

## Basics

- Kosher salt
- Black peppercorns
- Extra virgin olive oil
- Vegetable oil
- Apple cider vinegar
- Red wine vinegar
- Balsamic or sherry vinegar
- Rice vinegar (unseasoned)

## Baking

- Flour: all-purpose and whole wheat
- Baking soda
- Baking powder
- Cream of tartar
- Cocoa powder (unsweetened)
- Chocolate: chips or bar
- Evaporated milk
- Pure vanilla extract

## Sweeteners

- Granulated sugar
- Confectioners' sugar
- Brown sugar
- Maple syrup
- Honey

## Rice and Grains

- Long-grain white rice
- Brown rice
- Grains: bulgur, quinoa, couscous
- Pasta: standard, whole grain, egg noodles

## Snacks and Cereals

- Crackers
- Tortillas
- Cookies or biscuits
- Pretzels
- Marshmallows
- Popcorn kernels
- Dried fruit: raisins, apricots or cherries
- Seeds: sunflower, flax, chia or hemp
- Peanut butter or almond butter
- Applesauce
- Breakfast cereal
- Old-fashioned rolled oats

## Canned Goods

- Chicken broth
- Beans: cannellini, navy, chickpeas or black
- Vegetables: hominy, corn or green beans
- Olives
- Chiles: chipotles or pickled jalapenos
- Salsa
- Tomatoes
- Tomato paste
- Tuna

## Dried Herbs and Spices

- Bay leaves
- Cajun seasoning
- Cayenne pepper
- Chile powder
- Crushed red pepper
- Fennel or dill seed
- Granulated garlic
- Ground cinnamon
- Ground cloves
- Ground cumin
- Ground ginger
- Oregano
- Paprika: sweet and smoked
- Rosemary
- Sesame seeds
- Thyme
- Whole nutmeg

## Dairy and Eggs

- Milk
- Plain yogurt: regular or Greek
- Butter
- Cheddar or mozzarella
- Parmesan (wedge)
- Eggs

## Fresh Produce

- Apples
- Avocados
- Bananas
- Bell peppers
- Broccoli or cauliflower
- Carrots
- Celery
- Lemons
- Limes
- Leafy greens: spinach, kale or chard
- Lettuce: romaine, mixed greens
- Flat-leaf parsley
- Thyme
- Scallions
- Garlic
- Ginger
- Potatoes: sweet, white or new
- Onions
- Tomatoes: seasonal

## Condiments

- Jelly, jam or preserves
- Ketchup
- Mayonnaise
- Mustard: Dijon or whole grain
- Pickles
- Hot sauce: Tabasco, Sriracha or sambal
- Worcestershire sauce
- Soy sauce
- Toasted sesame oil

## Freezer

- Ground beef, ground turkey or Italian sausage
- Boneless, skinless chicken breasts
- Bacon
- Bread: baguette or sandwich bread
- Vegetables: peas, corn or favorites
- Fruit: berries, peaches
- Nuts: almonds, walnuts or pecans
- Dough: pizza, pie or puff pastry
- Vanilla ice cream



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