



Fall Pantry Checklist

Pantry Basics

- ☐ Canned tuna
- ☐ Canned chicken
- ☐ Canned salmon
- ☐ Canned tomatoes
- ☐ Tomato sauce
- ☐ Tomato paste
- ☐ Pasta
- ☐ Canned fruit
- ☐ Crackers
- ☐ Bread crumbs / Panko
- ☐ Shortening
- ☐ Olive oil
- ☐ Vegetable oil

Baking

- ☐ All purpose flour
- ☐ Bread flour
- ☐ Self rising flour
- ☐ Corn Meal
- ☐ Granulated sugar
- ☐ Brown sugar light
- ☐ Brown sugar dark
- ☐ Powdered sugar
- ☐ Baking powder
- ☐ Baking soda
- ☐ Kosher salt
- ☐ Table salt
- ☐ Vanilla extract
- ☐ Vanilla bean paste
- ☐ Yeast
- ☐ Cornstarch
- ☐ Baker's spray

Fall Favorites

- ☐ Pumpkin Puree
- ☐ Maple Syrup
- ☐ Molasses
- ☐ Sweet Potato Puree
- ☐ Pumpkin Pie Spice
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Allspice
- ☐ Cloves
- ☐ Pecans
- ☐ Walnuts
- ☐ Dried Fruit

Seasonings & Herbs

- ☐ Garlic / Onion powder
- ☐ Oregano
- ☐ Thyme
- ☐ Rosemary
- ☐ Marjoram
- ☐ Sweet / smoked paprika
- ☐ Celery seed
- ☐ Sage
- ☐ Bay Leaves
- ☐ Salt and Black Pepper
- ☐ Ground mustard
- ☐ Cheyanne Pepper
- ☐ Cajun seasoning

Beans and Legumes

- ☐ Dried Beans
- ☐ Canned Beans
- ☐ Lentils
- ☐ Split Peas

Rice and Grains

- ☐ Rice
- ☐ Barley
- ☐ Oatmeal
- ☐ Grits
- ☐ Cream of Wheat

Flavor Boosters

- ☐ Worcestershire sauce
- ☐ Hot Sauce
- ☐ Soy
- ☐ Broths and Stocks
- ☐ Bouillon powder or cubes
- ☐ Balsamic vinegar

Cozy Drinks

- ☐ Coffee
- ☐ Tea
- ☐ Cocoa powder
- ☐ Dry Milk
- ☐ Marshmallows



- ❑ Check the pantry first
- ❑ Check expiration dates on older ingredients
- ❑ Replace spices that have lost their freshness
- ❑ Look for sales on staples you use regularly
- ❑ Buy larger quantities only when you know you'll use them
- ❑ Choose dried or canned ingredients based on your cooking schedule

- ☐ Aluminum foil
- ☐ Plastic wrap
- ☐ Parchment paper
- ☐ Bag clips
- ☐ Storage bags
- ☐ Freezer safe containers
- ☐ Freezer bags
- ☐ Paper towels

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