



Pantry staples

Use this checklist as a guide to putting together some basic ingredients for yourself at home. With basic supplies on hand you can be prepared to cook a last minute and on a budget. There is room to add any additional items that you think you would like to be reminded of.

Pantry item	Yes	If no, where can I get it from?
Dry goods		
Flour		
Sugar		
Rice – Arborio		
Rice – Long grain brown or white		
Pasta		
Dried beans / lentils		
Canned foods		
Canned tomatoes		
Canned fish		
Coconut milk		
Sauces and spices		
Salt / Pepper		
Stock (Chicken, Beef and Vegetable)		
Soy sauce		
Tomato paste		



Pantry item	Yes	Sourcing details
Cinnamon		
Cayenne pepper		
Cumin		
Mustard seeds		
Nutmeg		
Fridge		
Milk		
Butter		
Eggs		
Cheese		
Freezer		
Frozen beans / peas		
Wraps		
Other		
Olive oil		