



FREE PRINTABLE

Pantry Staples Checklist

15 basics for budget cooking

Check off what you have, mark what you need, and add two or three staples on each shopping trip. You don't have to buy everything at once.

Dry goods and baking

	HAVE	NEED
1. Flour All-purpose	☐	☐
2. Sugar White, brown and powdered	☐	☐
3. Salt and pepper	☐	☐
4. Pasta and grains Long-grain rice, dried pasta, oats	☐	☐
5. Dried herbs and spices Basil, oregano, thyme, garlic powder, cumin, paprika, chili powder	☐	☐
6. Baking basics Baking soda, baking powder, vanilla extract	☐	☐

Our family's extras

	HAVE	NEED
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐

Oils, vinegars and condiments

	HAVE	NEED
7. Oils Vegetable oil and olive oil	☐	☐
8. Vinegars White, red wine and balsamic	☐	☐
9. Condiments Ketchup, mustard, soy sauce	☐	☐

Canned and jarred

	HAVE	NEED
10. Canned tomatoes Diced tomatoes, tomato paste, tomato sauce	☐	☐
11. Beans Chickpeas, kidney beans, cannellini, canned or dried	☐	☐
12. Broths Chicken, beef or vegetable	☐	☐

Refrigerated

	HAVE	NEED
13. Eggs	☐	☐
14. Butter	☐	☐
15. Milk Shelf-stable milk works if fridge space is tight	☐	☐

Starting from zero? Buy these ten first: rice, pasta, canned tomatoes, canned beans, cooking oil, salt, pepper, garlic powder, one dried herb blend and a dozen eggs.

Cook from the pantry

Find five budget-friendly recipes made from these staples, plus tips for buying in bulk and storing it all, at thesavvybite.com/15-pantry-staples.