

Pantry & Freezer Checklist

If you are new to having an organized pantry and freezer, here are basic items that we recommend as a starter point. Not listed but equally important is water and other drinks.

Basics

- Kosher salt
- Fine 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, whole wheat or pastry
- Baking soda
- Baking powder
- Corn Starch
- Cream of tartar
- Cocoa powder (unsweetened)
- Chocolate: chips or bar
- Evaporated milk
- Sweetened condensed milk
- Pure vanilla extract

Sweeteners

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

Drinks

- Coffee
- Tea

Rice and Grains

- Long-grain white rice
- Brown rice
- Grains: bulgur, quinoa, couscous or farro
- Pasta: standard, whole grain, rice noodles or egg noodles
- Polenta
- Breadcrumbs: plain or panko

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
- Pancake/Waffle Mix
- Pancake Syrup

Dried Herbs and Spices

- Bay leaves
- Cajun seasoning
- Cayenne pepper
- Chile powder
- Chives
- Cardamon
- Crushed red pepper
- Coriander
- Curry powder
- Fennel or dill seed
- Fajita Seasoning
- Granulated garlic
- Onion flakes
- Allspice
- Pumpkin Seasoning
- Ground cinnamon
- Ground cloves
- Ground cumin
- Ground ginger
- Oregano
- Paprika: sweet and smoked
- Rosemary
- Sesame seeds
- Taco Seasoning
- Thyme
- Turmeric
- Whole nutmeg

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Dairy and Eggs

- Milk
- Plain yogurt: regular or Greek
- Unsalted butter
- Cheddar or mozzarella
- Goat cheese
- 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, Boston or mixed greens
- Cilantro
- Flat-leaf parsley
- Thyme
- Scallions
- Garlic
- Ginger
- Potatoes: sweet, white or new
- Onions
- Tomatoes: grape, cherry or seasonal beefsteak

Canned Goods

- Chicken, Vegetable and Beef broth
- Beans: cannellini, navy, chickpeas or black
- Vegetables: hominy, corn or green beans, peas
- Olives or capers
- Chiles: chipotles in adobo or pickled jalapenos
- Salsa
- Tomatoes
- Tomato paste
- Roasted red peppers
- Tuna
- Canned chicken
- Rotel

Condiments

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

Freezer

- Ground beef, ground turkey or Italian sausage
- Chicken (breast, thighs, drumsticks)
- Bacon
- Bread: baguette or sandwich bread
- Brussel sprouts
- Carrots
- Cauliflower (riced and florets)
- Corn
- Edamame
- Green beans
- Onions (peeled, chopped)
- Peas
- Potatoes (yellow and sweet potatoes)
- Bell peppers (sliced or chopped)
- Spinach
- Vegetable scraps (to make broth)
- Berries
- Bananas
- Cherries
- Cranberries
- Mangoes
- Peaches
- Pineapple
- Nuts: almonds, walnuts or pecans
- Dough: pizza, cookie, pie or puff pastry
- Vanilla ice cream
- Butter
- Seafood (cod, Mahi Mahi, shrimp, salmon, halibut)

List courtesy of This Old Baker