Pantry Inventory

what we have • what we need

INVENTORY DATE _____

PANTRY STAPLE	QUANTITY ON HAND	RESTOCK
BAKING		
☐ All-purpose flour	_____	☐
☐ Bread flour	_____	☐
☐ Whole wheat flour	_____	☐
☐ Sugar	_____	☐
☐ Brown sugar	_____	☐
☐ Powdered sugar	_____	☐
☐ Baking powder	_____	☐
☐ Baking soda	_____	☐
☐ Yeast	_____	☐
☐ Cornstarch	_____	☐
☐ Salt	_____	☐
☐ Vanilla extract	_____	☐
☐ Cocoa powder	_____	☐
☐ Cornmeal	_____	☐
☐ Molasses	_____	☐

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PANTRY STAPLE	QUANTITY ON HAND	RESTOCK
GRAINS & PASTA		
☐ White rice	_____	☐
☐ Brown rice	_____	☐
☐ Spaghetti	_____	☐
☐ Short pasta	_____	☐
☐ Macaroni	_____	☐
☐ Egg noodles	_____	☐
☐ Old-fashioned oats	_____	☐
☐ Quick oats	_____	☐
☐ Popcorn kernels	_____	☐
☐ Breadcrumbs	_____	☐
☐ Crackers	_____	☐

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PANTRY STAPLE	QUANTITY ON HAND	RESTOCK
CANNED & DRY GOODS		
☐ Tomato sauce	_____	☐
☐ Tomato paste	_____	☐
☐ Diced tomatoes	_____	☐
☐ Crushed tomatoes	_____	☐
☐ Whole peeled tomatoes	_____	☐
☐ Black beans	_____	☐
☐ Pinto beans	_____	☐
☐ Kidney beans	_____	☐
☐ Chickpeas	_____	☐
☐ Corn	_____	☐
☐ Green beans	_____	☐
☐ Peas	_____	☐
☐ Carrots	_____	☐
☐ Pumpkin puree	_____	☐
☐ Applesauce	_____	☐
☐ Canned fruit	_____	☐
☐ Chicken broth	_____	☐
☐ Beef broth	_____	☐
☐ Dried beans	_____	☐



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PANTRY STAPLE	QUANTITY ON HAND	RESTOCK
FATS		
☐ Olive oil	_____	☐
☐ Butter	_____	☐
☐ Flavorless cooking oil	_____	☐
☐ Shortening	_____	☐
☐ Coconut oil	_____	☐

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PANTRY STAPLE	QUANTITY ON HAND	RESTOCK
SEASONINGS		
☐ Black pepper	_____	☐
☐ Garlic powder	_____	☐
☐ Onion powder	_____	☐
☐ Paprika	_____	☐
☐ Smoked paprika	_____	☐
☐ Chili powder	_____	☐
☐ Cumin	_____	☐
☐ Oregano	_____	☐
☐ Dried basil	_____	☐
☐ Thyme	_____	☐
☐ Rosemary	_____	☐
☐ Sage	_____	☐
☐ Parsley	_____	☐
☐ Italian seasoning	_____	☐
☐ Crushed red pepper	_____	☐
☐ Bay leaves	_____	☐
☐ Cinnamon	_____	☐
☐ Nutmeg	_____	☐
☐ Cloves	_____	☐
☐ Ground ginger	_____	☐
☐ Allspice	_____	☐
☐ Pumpkin pie spice	_____	☐



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PANTRY STAPLE	QUANTITY ON HAND	RESTOCK
CONDIMENTS		
☐ Vinegar	_____	☐
☐ White vinegar	_____	☐
☐ Apple cider vinegar	_____	☐
☐ Balsamic vinegar	_____	☐
☐ Red wine vinegar	_____	☐
☐ Soy sauce	_____	☐
☐ Mayonnaise	_____	☐
☐ Mustard	_____	☐
☐ Ketchup	_____	☐
☐ Worcestershire sauce	_____	☐
☐ Hot sauce	_____	☐
☐ Barbecue sauce	_____	☐
☐ Lemon juice	_____	☐

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PANTRY STAPLE	QUANTITY ON HAND	RESTOCK
OTHER ESSENTIALS		
☐ Honey	_____	☐
☐ Maple syrup	_____	☐
☐ Peanut butter	_____	☐
☐ Bouillon	_____	☐
☐ Potatoes	_____	☐
☐ Sweet potatoes	_____	☐
☐ Onions	_____	☐
☐ Garlic	_____	☐
☐ Winter squash	_____	☐
☐ Apples	_____	☐
☐ Nuts	_____	☐
☐ Pecans	_____	☐
☐ Walnuts	_____	☐
☐ Almonds	_____	☐
☐ Peanuts	_____	☐
☐ Raisins	_____	☐
☐ Dried cranberries	_____	☐
☐ Sunflower seeds	_____	☐
☐ Chia seeds	_____	☐
☐ Flaxseed	_____	☐
☐ Shredded coconut	_____	☐
☐ Dried fruit	_____	☐

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PANTRY STAPLE	QUANTITY ON HAND	RESTOCK
FREEZER STAPLES		
☐ Ground beef	_____	☐
☐ Whole chickens	_____	☐
☐ Chicken breasts / thighs	_____	☐
☐ Frozen vegetables	_____	☐
☐ Frozen berries	_____	☐
☐ Shredded cheese	_____	☐
☐ Homemade broth	_____	☐
☐ Bread / dough	_____	☐
DAIRY		
☐ Milk	_____	☐
☐ Cheddar cheese	_____	☐
☐ Parmesan cheese	_____	☐
☐ Yogurt	_____	☐
☐ Heavy cream	_____	☐
☐ Buttermilk	_____	☐
FOR FUN		
☐ Jams	_____	☐
☐ Chocolate chips	_____	☐
☐ Tea	_____	☐
☐ Coffee	_____	☐
☐ Gelatin	_____	☐
☐ Cooking wines	_____	☐