

Pantry Staple Checklist

A checklist of pantry staples to cook from scratch and prepare your family for life's emergencies.

Grains & Baking Staples

- Flour: Bread, Rye
- Flour: All-purpose
- Flour: Whole Wheat
- Cornmeal
- Rolled oats
- Rice (white, brown, jasmine, basmati)
- Pasta
- Baking powder
- Baking soda
- Yeast (SAF Instant)
- Salt
- Sugar (granulated, brown, powdered)
- Honey
- Maple syrup
- Cornstarch
- Vital wheat gluten
- Potato flakes
- Molasses
- _____
- _____
- _____

Canned & Jarred Goods (cont.)

- Peanut butter or other nut butters
- Jam or jelly
- Broth or stock (chicken, beef, vegetable)
- Onion soup mix (Lipton)

Oils, Fats & Condiments

- Avocado oil
- Olive oil
- Vegetable oil
- Coconut oil
- Shortening
- Tallow or lard
- Vinegar (white, apple cider, balsamic, red wine)
- Soy sauce
- Worcestershire sauce
- Mustard
- Ketchup
- Mayonnaise
- Lemon juice

Canned & Jarred Goods

- Canned tomatoes
- Tomato sauce
- Tomato paste
- Canned beans (black, pinto, kidney, chickpeas)
- Canned vegetables
- Canned fruit

Proteins

- Canned tina
- Canned chicken
- Canned salmon
- Dry beans
- Lentils
- Seeds: flax, chia
- Nuts

Herbs & Spices

- Salts (table, sea, pretzel, flaked, black sea, etc.)
- Black pepper
- Garlic powder
- Onion powder
- Chili powder
- Paprika
- Cinnamon
- Cloves
- Nutmeg
- Oregano
- Basil
- Thyme
- Bay leaves
- Rosemary
- Cumin
- Dry mustard
- Turmeric
- Sage*

Dairy & Dairy Substitutes

- Powdered milk
- Evaporated milk
- Sweetened condensed milk
- Shelf-stable milk alternatives

Miscellaneous Essentials

- Coffee
- Tea
- Cocoa powder
- Bouillon cubes (or Bases: chicken, beef, vegetable)
- Gelatin
- Vanilla extract
- Maple extract
- Almond extract
- Chocolate chips
- Raisins

*May God Bless You
and Your
Pantry
Whether
The Kneady Homesteader
2025*