



PANTRY CHECKLIST							
		Have	Need			Have	Need
Pasta	Spaghetti			Tomato Sauce			
	Lasagna			canned tomatoes			
	Fusilli			Canned soups			
	Macaroni			Bouillon/Stock cubes	Meat		
	Orzo				Chicken		
	Lg Shells				Veg		
Rice	Fettucine				Fish		
	Basmati			Canned Veg & beans	Mushrooms		
	Brown				Corn		
	Long grain				Potatoes		
Cereal	Oatmeal				Peas		
	the usual				Carrots		
Peanut Butter				Kidney			
Jam				Black			
Grains	Couscous				Chick peas		
	Barley				Mixed		
	Cornmeal			Lentils & dried peas	Yellow Split		
	Quinoa				Dried green		
	Freekah				Brown lentils		
	Wheatberries				Green		
Vinegar	White				Red & Yellow		
	Red Wine				Beluga		
	White Wine				Puy		
	Cider			Condiments	Yellow Mustard		
Honey	Mirin				Wholegrain		
	Rice Wine				Ketchup		
Pickles	Onions				Brown Sauce		
	Beetroot				BBQ sauce		
	Sweet				Soy Sauce		
	Bread & butter				Oyster Sauce		
					Fish Sauce		
					Worcestershire sauce		
Condensed Milk	Dill			Coconut	Oil		
	Mixed Veg				Milk		
Evaporated Milk				Cream			
Gravy Granules	Chicken			Canned Fish	Tuna		
	Beef				Salmon		
Tea				Sardines			
Coffee				Mackerel			
Coffee Whitener				Cooking Oils	Olive		
Butter					Vegetable		
					Sesame		
<b>Baking Pantry Checklist</b>							
		Have	Need			Have	Need
Baking Soda				Yeast			
Baking Powder				Cornstarch			
Flour	Plain			Veg shortening			
	Bread			Chocolate chips			
	Wholemeal			Vanilla			
	Self-raising			Cocoa Powder			

<b>Baking Pantry Checklist</b>							
		<b>Have</b>	<b>Need</b>			<b>Have</b>	<b>Need</b>
Sugar	White			Nuts & Seeds	Pumpkin		
	Icing				Almond		
	Soft brown				Walnut		
	Dark brown				Peanut		
Raisins					Mixed		
Currants					Cashews		
Dates					Sesame		
Dried fruit	Cranberries				sunflower		
	Blueberries						
	Mango						
<b>Spices and herbs pantry checklist</b>							
		<b>Have</b>	<b>Need</b>			<b>Have</b>	<b>Need</b>
Salt	Kosher			Garam Masala			
	Sea salt			Cayenne Pepper			
Pepper	Black & White			Cloves			
Cinnamon				Ginger			
Nutmeg				Garlic	Fresh		
Cardamom					Granulated		
Basil					Powered		
Oregano					Garlic salt		
Celery seed				Onion powder			
Dill				Red Pepper flakes			
Paprika	Smoked			Chilli powder blend			
	Sweet			Brown Mustard seeds			
Cumin				Coriander			
Chinese 5 spice				Curry powder			
Star Anise				Tumeric			
Fennel				Sichuan pepper			
Thyme				Rosemary			
Allspice				Sage			
Saffron				Tarragon			
<b>FREEZER PANTRY CHECKLIST</b>							
		<b>Have</b>	<b>Need</b>			<b>Have</b>	<b>Need</b>
spinach							
Green beans				Broccoli			
Peas				Corn			
Mixed veg				Fruit	Strawberries		
					Blueberries		
					Mixed fruit		
<b>LONG LIFE FRUIT AND VEG PANTRY CHECKLIST</b>							
Cabbage				Yams & sweet potato			
Turnip/rutabaga				Carrots			
potatoes				Apples			
Onions	Regular			Oranges			
	Sweet			Lemons & limes			
	Red			Grapefruit			
Parsnips				melons			
Beets							