

# Pantry Staples List

from Leigh Anne, Your Homebased Mom  
yourhomebasedmom.com

## Basics

Salt - (sea salt and coarse salt)  
Pepper  
Oils (extra virgin olive oil, vegetable, canola, sesame)  
Cooking Spray  
Vinegars (balsamic, apple cider, white, red wine, unseasoned rice vinegar)  
Seasonings (parsley, basil, oregano, Italian seasoning, rosemary, thyme, dry mustard, bay leaves, cumin, paprika, chili powder, cinnamon, pumpkin spice, garlic salt, garlic powder, onion powder, curry, red pepper flakes and more!)

## Baking:

All purpose flour  
Cake flour  
Bread flour  
Whole wheat flour

Baking soda  
Baking powder  
Cream of tartar  
Cocoa powder, unsweetened  
Chocolate chips (milk, white and semi-sweet)  
Vanilla extract  
Almond extract  
Yeast  
Non fat powdered dry milk  
Cornstarch

Granulated sugar  
Powdered sugar  
Brown sugar (light and dark)  
Karo syrup  
Maple syrup  
Honey  
Molasses

## Rice and Grains:

Oatmeal (old fashioned and quick cooking)  
Cornmeal  
Bread Crumbs (plain and panko)  
Dried Pasta (spaghetti, rotini, penne, bow tie and various other shapes and sizes)  
Rice (jasmine, basmati, short grain and brown)  
Egg Noodles  
Quinoa

## Canned Goods:

Tomato sauce and paste  
Enchilada sauce  
Cream of chicken  
Chicken and beef broth  
Tomatoes (crushed, diced and whole)  
Diced green chilies  
Olives  
Coconut milk  
Evaporated milk  
Sweetened condensed milk  
Fruit (Mandarin oranges, pineapple)  
Marinara sauce  
Black beans  
Corn

## Other

Bread, bagels, English muffins, crackers  
Peanut butter  
Dried fruits (cranberries, blueberries)  
Seeds (sunflower, pepitas)  
Apple sauce  
Popcorn kernels  
Marshmallows  
Nuts (peanuts, slivered almonds, sliced almonds, pecans, cashews, sunflower seeds)

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## Refrigerator

Eggs  
Flour and corn tortillas  
Sour cream  
Whipping cream  
Milk (2% and buttermilk)  
Greek Yogurt, plain  
Fresh spinach, lettuce and other greens  
Onions (yellow, red and green)  
Veggies (Carrots, celery, broccoli, red and green peppers, and other favorite seasonal veggies)  
Flat leaf parsley and cilantro  
Scallions  
Sundried tomatoes  
Cheese (parmesan, mozzarella, cheddar, Mexican blend, other favorites)  
Fresh lemons and limes  
Bottled lemon and lime juice  
Fresh fruit (seasonal favorites)  
Garlic and Ginger (chopped or minced)  
Butter  
Cream cheese  
Salsa  
Hummus  
Jelly or jam  
Potatoes (red, russets, sweet and Yukon gold)  
Tortillas (corn and flour)

## Condiments:

Mayonnaise  
Mustard (regular, Dijon, brown)  
Ketchup  
BBQ Sauce  
Pesto  
Hot Sauce  
Worcestershire sauce  
Soy sauce  
Teriyaki sauce  
Hoisin sauce  
Sweet chili sauce  
Fish sauce  
Salad dressing

## Freezer

Chicken (breasts and thighs, usually skinless and boneless)  
Ground chicken and turkey  
Hamburger (patties and ground)  
Tortellini and ravioli  
Bread dough and frozen rolls  
Puff pastry  
Bacon  
Pork tenderloin  
Pot roast  
Any other meat your family likes  
Vanilla ice cream

## Your Family Staples