

Must Have Pantry Staples

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SAUCES & CONDIMENTS

- ☐ BBQ Sauce
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Soy Sauce
- ☐ Worcestershire Sauce
- ☐ Hot sauce
- ☐ Pickles
- ☐ Jelly/jam

SPICES & SEASONINGS

- ☐ Basil
- ☐ Bay Leaves
- ☐ Black Pepper
- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Cloves
- ☐ Cumin
- ☐ Curry Powder
- ☐ Dried Mustard Powder
- ☐ Garlic Powder
- ☐ Ground Ginger
- ☐ Onion Powder
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Red Pepper Flakes
- ☐ Rosemary
- ☐ Salt
- ☐ Sesame Seeds
- ☐ Tarragon
- ☐ Thyme

DRINKS

- ☐ Coffee
- ☐ Drink Mixes
- ☐ Juice
- ☐ Tea
- ☐ Wine

COOKING & BAKING INGREDIENTS

- ☐ All-Purpose Flour
- ☐ Applesauce
- ☐ Baking Soda
- ☐ Baking Powder
- ☐ Bouillon Cubes
- ☐ Boxed Baking Mixes
- ☐ Bread Crumbs
- ☐ Brown Sugar
- ☐ Chocolate Chips
- ☐ Cocoa Powder
- ☐ Coconut Milk
- ☐ Cornmeal
- ☐ Cornstarch
- ☐ Cream of Tartar
- ☐ Dried fruit
- ☐ Evaporated Milk
- ☐ Gelatin (Plain)
- ☐ Granulated Sugar
- ☐ Honey
- ☐ Jello Mix
- ☐ Maple Syrup
- ☐ Nuts
- ☐ Oats
- ☐ Oils
- ☐ Peanut Butter
- ☐ Pie Filling
- ☐ Powdered Sugar
- ☐ Pudding Mix
- ☐ Sweetened Condensed Milk
- ☐ Vanilla Extract
- ☐ Vinegars

EMERGENCY SUPPLIES

- ☐ Bottled Water
- ☐ Canned Bread
- ☐ Instant Mashed Potatoes
- ☐ Powdered Milk

ROOT VEGETABLES

- ☐ Fresh Whole Garlic
- ☐ Onions
- ☐ Potatoes Sweet
- ☐ Potatoes

DRY GOODS

- ☐ Breakfast Cereal
- ☐ Brown Rice
- ☐ Crackers Graham
- ☐ Crackers Granola
- ☐ Egg Noodles
- ☐ Marshmallows
- ☐ Oatmeal
- ☐ Pancake Mix
- ☐ Pasta
- ☐ Popcorn
- ☐ Pretzels
- ☐ White Rice
- ☐ Quinoa

CANNED GOODS

- ☐ Beans
- ☐ Broth & Stock
- ☐ Canned Soup
- ☐ Chicken
- ☐ Fruit
- ☐ Olives
- ☐ Pasta Sauce
- ☐ Pumpkin Puree
- ☐ Refried Beans
- ☐ Salsa
- ☐ Soup Base
- ☐ Tomatoes
- ☐ Tomato Paste
- ☐ Tuna
- ☐ Vegetables