

NON-PERISHABLE

Pantry Essentials Checklist

WHAT TO STOCK UP ON AND WHY

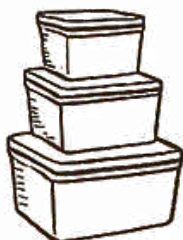


Meal Staples

- ☐ Dried Beans
- ☐ Canned Beans
- ☐ White Rice
- ☐ Brown Rice
- ☐ Canned Vegetables (green beans, corn, carrots, etc.)
- ☐ Pasta (spaghetti, macaroni, penne, etc.)
- ☐ Canned Soups (vegetable, chicken noodle, lentil, etc.)



- ☐ Canned Tuna
- ☐ Canned Chicken
- ☐ Canned Salmon
- ☐ Peanut Butter
- ☐ Shelf-Stable Jelly (avoid glass jars)



Snack Items

- ☐ Crackers (Ritz, saltines, multi-grain, etc.)
- ☐ Granola Bars

Pantry Add-Ons

- ☐ Honey
- ☐ Granulated Sugar
- ☐ Salt
- ☐ White Vinegar
- ☐ Cooking Oil (vegetable, olive, or canola)
- ☐ Shelf-Stable Milk (powdered or boxed)
- ☐ Trail Mix
- ☐ Applesauce Cups

Helpful Supplies

- ☐ Stackable Storage Containers
- ☐ Can Opener (Manual)
- ☐ Food Rotation Labels
- ☐ Airtight Jars or Mylar Bags (for long-term storage)

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