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FREE KITCHEN REFERENCE

Pantry staples list

47 staples across eight categories, the ingredients that make most weeknight dinners possible. Cross off what you never use, star what you always run out of, and write your own in the blank rows before you shop.

GRAINS AND PASTA

- [ ] White rice
- [ ] Brown rice
- [ ] Rolled oats
- [ ] Quinoa
- [ ] Spaghetti
- [ ] Short pasta
- [ ] Tortillas

CANNED AND JARRED GOODS

- [ ] Diced tomatoes
- [ ] Tomato paste
- [ ] Black beans
- [ ] Chickpeas
- [ ] Tuna
- [ ] Chicken broth
- [ ] Coconut milk

OILS AND VINEGARS

- [ ] Olive oil
- [ ] Neutral oil
- [ ] Apple cider vinegar
- [ ] Balsamic vinegar

BAKING BASICS

- [ ] All-purpose flour
- [ ] Granulated sugar
- [ ] Brown sugar
- [ ] Baking soda
- [ ] Baking powder
- [ ] Cornstarch

SPICES AND SEASONINGS

- [ ] Salt
- [ ] Black pepper
- [ ] Garlic powder
- [ ] Onion powder
- [ ] Paprika
- [ ] Cumin
- [ ] Chili powder
- [ ] Dried oregano
- [ ] Bay leaf

CONDIMENTS AND SAUCES

- [ ] Soy sauce
- [ ] Mustard
- [ ] Hot sauce
- [ ] Mayonnaise
- [ ] Ketchup
- [ ] Honey

SHELF-STABLE PROTEINS

- [ ] Peanut butter
- [ ] Canned salmon
- [ ] Dried lentils
- [ ] Mixed nuts

SNACKS AND EXTRAS

- [ ] Crackers
- [ ] Popcorn kernels
- [ ] Dried fruit
- [ ] Coffee or tea

YOUR HOUSEHOLD EXTRAS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

HOW LONG THESE KEEP, UNOPENED, AT BEST QUALITY

Stored in a cool, dry spot away from the stove. These are quality windows, not safety cutoffs.

CANNED AND DRY GOODS	
Canned vegetables, beans, soup	2 to 5 years
Canned tomatoes and high-acid canned fruit	12 to 18 months
White rice	Up to 2 years
Dried pasta	Up to 2 years unopened, about 1 year once opened

BAKING, OIL, AND SEASONINGS	
All-purpose flour	About 1 year in the pantry
Cooking oil	6 to 12 months
Ground spices	1 to 3 years
Whole dried herbs	1 to 2 years

Source: USDA Food Safety and Inspection Service, Shelf-Stable Food Safety, and USDA, Before You Toss Food, Wait. Check It Out! A canned good stored properly and free of rust, dents, or swelling is typically safe well past these windows. The timeframe is about flavor and texture, not the food turning dangerous.

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