

Pantry staples checklist

Tick **Have**, **Low** or **Buy** for each staple before you shop, then copy only the Low and Buy items to your shopping list. Cross out anything your household never uses.

Checked on: _____ Next shop: _____

Baking and grains	Have	Low	Buy
Plain / all-purpose flour	☐	☐	☐
Self-raising flour	☐	☐	☐
White sugar	☐	☐	☐
Brown sugar	☐	☐	☐
Baking powder	☐	☐	☐
Bicarb soda / baking soda	☐	☐	☐
Cornflour / cornstarch	☐	☐	☐
Vanilla extract	☐	☐	☐
Cocoa powder	☐	☐	☐
Couscous, quinoa or bulgur	☐	☐	☐
Dried breadcrumbs	☐	☐	☐

Pasta, rice and noodles	Have	Low	Buy
Long pasta (e.g. spaghetti)	☐	☐	☐
Short pasta (e.g. penne)	☐	☐	☐
Long-grain or basmati rice	☐	☐	☐
Jasmine, brown or risotto rice	☐	☐	☐
Egg or rice noodles	☐	☐	☐
Instant noodles	☐	☐	☐
Lasagne sheets	☐	☐	☐

Tins and jars	Have	Low	Buy
Chopped or whole tomatoes	☐	☐	☐
Tomato paste / purée	☐	☐	☐
Passata or pasta sauce	☐	☐	☐
Chickpeas	☐	☐	☐
Kidney, black or cannellini beans	☐	☐	☐
Baked beans	☐	☐	☐
Lentils (tinned or dried)	☐	☐	☐
Tuna or salmon	☐	☐	☐
Coconut milk	☐	☐	☐
Sweetcorn	☐	☐	☐
Stock cubes, powder or cartons	☐	☐	☐

Oils, vinegars and sauces	Have	Low	Buy
Neutral oil (vegetable, canola)	☐	☐	☐
Olive oil	☐	☐	☐
White or cider vinegar	☐	☐	☐
Balsamic or red wine vinegar	☐	☐	☐
Soy sauce	☐	☐	☐
Worcestershire sauce	☐	☐	☐
Mustard	☐	☐	☐
Mayonnaise	☐	☐	☐
Ketchup / tomato sauce	☐	☐	☐
Hot or sweet chilli sauce	☐	☐	☐

Herbs, spices and seasonings	Have	Low	Buy
Salt	☐	☐	☐
Black pepper	☐	☐	☐
Dried oregano or mixed herbs	☐	☐	☐
Bay leaves	☐	☐	☐
Ground cumin	☐	☐	☐
Paprika (sweet or smoked)	☐	☐	☐
Ground cinnamon	☐	☐	☐
Chilli flakes or powder	☐	☐	☐
Curry powder or paste	☐	☐	☐
Garlic powder	☐	☐	☐

Breakfast	Have	Low	Buy
Rolled / porridge oats	☐	☐	☐
Cereal or muesli	☐	☐	☐
Bread or wraps	☐	☐	☐
Peanut butter or other spread	☐	☐	☐
Jam, honey or syrup	☐	☐	☐
Tea and coffee	☐	☐	☐
Long-life milk or plant drink	☐	☐	☐

Cold, fresh and extra staples

The same Have / Low / Buy check for snacks and for fridge, freezer and fresh basics. Add the staples your own recipes rely on under My extras.

Snacks	Have	Low	Buy
Crackers or rice cakes	☐	☐	☐
Nuts and seeds	☐	☐	☐
Dried fruit	☐	☐	☐
Popcorn kernels	☐	☐	☐
Crisps / chips	☐	☐	☐
Biscuits / cookies	☐	☐	☐
Muesli or granola bars	☐	☐	☐

Fridge basics	Have	Low	Buy
Milk or plant-based drink	☐	☐	☐
Butter or spread	☐	☐	☐
Eggs	☐	☐	☐
Cheese	☐	☐	☐
Plain yoghurt	☐	☐	☐
Opened jars labelled 'refrigerate'	☐	☐	☐

Freezer basics	Have	Low	Buy
Peas	☐	☐	☐
Mixed vegetables or spinach	☐	☐	☐
Berries or other fruit	☐	☐	☐
Sliced bread	☐	☐	☐
Mince / ground meat or alternative	☐	☐	☐
Chicken pieces or fish fillets	☐	☐	☐
Leftovers, labelled and dated	☐	☐	☐

Fresh basics that keep	Have	Low	Buy
Onions	☐	☐	☐
Garlic	☐	☐	☐
Potatoes	☐	☐	☐
Sweet potatoes	☐	☐	☐
Carrots	☐	☐	☐
Lemons or limes	☐	☐	☐
Apples	☐	☐	☐
Fresh ginger	☐	☐	☐

My extras	Have	Low	Buy
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐

Keep it working

- 1. Check before you shop.** Tick the list, then buy only what is low or missing.
- 2. First in, first out.** Put new purchases behind older ones so older stock is used first.
- 3. Read the label.** In Australia, New Zealand and the UK a use-by date is about safety and a best-before date is about quality; most US date labels describe quality. Follow storage instructions, especially after opening: some jars and sauces need the fridge.
- 4. Check tins.** Throw away tins that are swollen, leaking, rusted or badly dented. Move unused tinned food into a covered container in the fridge.

Sources: Food Standards Australia New Zealand, Food Safety Information Council, UK Food Standards Agency, USDA FSIS and US FDA. Links and the full list: kivella.app/blog/pantry-staples-list