Identifying My Pantry Staples

There are lots of good examples of pantry staples, but here's 3 ways to find the most meaningful ones for your kitchen. Because everyone might not agree with you that salsa can be both fruit, veg, & condiment - making it the ultimate staple!

☐ Start with Basic Essentials

If you're unsure where to start, begin by stocking up on the basics. These are the building blocks of so many meals. You won't go wrong stocking these & not much else.

- Spices
- Rice
- Beans
- Pasta & canned tomatoes (for the oh-so-glorious spaghetti sauce you're going to need every month)

☐ Review Your Favorite Recipes

The ones you actually cooked before & know you really like. Not the ones that are your favorite because the photo looked really, really good. These staples are items that will live on your shelves 99-100% of the time so it really needs to be only tried & true food items you've already tested out.
Use your favorite recipes/dishes to identify the ingredients they all have in common.

☐ Cultural or Regional Favorites

Consider your cultural background or familiarity with regional cuisine. Certain ingredients might need to be locked in as staples in your kitchen.

- Olives
- Masa harina
- Key vinegars
- Various spices

If you just enjoy eating different cultural meals & see yourself leveling up to cook some in the coming years, over time start incorporating the ingredients into your pantry as you learn how to handle, store & cook them.

PANTRY STAPLES

PRODUCE & DAIRY

PANTRY STAPLES

MEAT & SEAFOOD

PANTRY STAPLES

BREAD & PASTA

PANTRY STAPLES

GRAINS & LEGUMES

PANTRY STAPLES

FROZEN & CANNED

PANTRY STAPLES

BAKING & CONDIMENTS

PANTRY STAPLES

SNACK / BEVERAGE

PANTRY STAPLES

ETHNIC FOODS / SPICES

PANTRY STAPLES

HEALTH & WELLNESS

PANTRY STAPLES

PERSONAL CARE & BABY-INFANT

PANTRY STAPLES

HOUSEHOLD / PET / MISC.

PANTRY STAPLES

PRODUCE

DAIRY

MEAT & SEAFOOD

BREAD & PASTA

PANTRY STAPLES

GRAINS & LEGUMES

FROZEN FOODS

CANNED FOODS

BAKING

PANTRY STAPLES

CONDIMENTS

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