

A Well-Stocked Pantry List

This free tip sheet was produced by the Cheapskates Club – www.cheapskates.com.au

When you have a well-stocked pantry you can MOO just about anything. Items in green indicate recipes are in the Recipe File and/or on the Debt Free, Cashed Up and Laughing Blog.

Baking Supplies:

- Baking powder
- Bicarb soda
- Sea salt
- Cocoa
- Milk Powder
- Vinegars: (white, rice wine, red wine, balsamic, apple cider)
- Flour (Self-raising, plain, wholemeal plain and SR, gluten, rice, cornflour)
- Rolled oats
- Polenta (cornmeal)
- Sugar (white, brown, castor, icing, raw)
- Molasses
- [Vanilla extract](#)

Breads:

- [Wholegrain](#)
- [Tortillas](#)
- [Tortilla Chips](#)
- [English Muffins](#)
- [Bread crumbs](#)

Canned goods:

- Tomatoes (puree, diced, whole, paste, soup)
- Sauces (pesto, lemon, tomato, cheese)
- Puree (peach, apple, apricot)
- [Evaporated milk](#)
- Salsas
- [Pickles](#)
- [Worcestershire](#)

Condiments:

- Soy sauce
- Sesame oil
- Mustards (dry, English, Dijon, honey)
- Honey
- [Jams](#)
- Butters ([peanut](#), almond)
- Tahini
- Nuts (raw cashews, almonds, walnuts, hazelnuts & pecans)
- [BBQ sauce](#)
- [Tomato sauce](#)

Seasonings:

- Pepper corns
- Nutmeg
- Garlic powder
- Tarragon
- Rosemary
- Bay leaves
- Basil
- Cayenne pepper
- Thyme
- Chili powder
- Ginger
- Cloves
- Curry powder
- [Taco/Fajita seasoning](#)
- Allspice
- Ginger
- Cinnamon

Cereals/Grains/Beans:

- Cereal(Bran flakes, Muesli, Ricies, Weet-bix)
- [Pasta](#) (lasagne, macaroni, penne, spaghetti)
- Lentils
- Rice (brown and white, short and long grain)
- Cous cous
- Beans (broad, chickpea, kidney, navy)
- Quinoa

Vegetables & fruit bowls:

- Pumpkin
- Zucchini
- Lettuce
- Tomatoes
- Cucumbers
- Cauliflower
- Broccoli
- Cabbage
- Celery
- Spring onions
- Sugar snap peas
- Green beans
- Potatoes
- Onions
- Sweet potatoes
- Garlic
- Swede
- Parsnip

Fruit:

- Apples
- Bananas
- Kiwi fruit
- Plums
- Peaches
- Apricots
- Oranges
- Mandarins
- Grapes
- Melons
- Berries
- Mangoes
- Pawpaw

Refrigerator:

- Dairy (milk, [butter](#), eggs, [yogurt](#), cream, sour cream)
- Cheeses (tasty, cheddar, mozzarella, ricotta, cottage, Philly)
- Cold-pressed oils (olive oil and safflower)
- Yeast
- [Mayonnaise](#)
- [Chocolate Syrup](#)

Freezer:

- Meats, poultry & seafood
- Produce (veggies, fruit, bananas)
- [Stock\(chicken, beef, seafood\)](#)
- [Soup](#)
- [Icy Poles](#)
- [Ice cream](#)
- [Pastry](#)
- [Bread](#)