

Family Survival Planning

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Three-Month Pantry Supply Checklist

A well-stocked three-month pantry allows you to cook and enjoy most recipes without running to the store. So when you shop, buy two—one to use and one to store. Grocery sales usually come just before holidays. Most stores also have case lot sales in the fall – so stock up on long term purchases at that time.

This 3-month pantry list will help you decide what items to stock - modify it to suit your family. For more personalized items, there is a blank list on the last page.

<i>Baking Ingredients</i>	Date Purchased
Baking chips (butterscotch, milk chocolate, semisweet, white, etc.)	
Baking chocolate squares (semisweet, unsweetened)	
Baking powder	
Baking soda	
Cocoa	
Coconut	
Corn meal	
Corn syrup	
Cornstarch	
Cream of tartar	
Extracts (almond, maple, mint, vanilla)	
Flour (all-purpose, bread, etc)	
Food coloring	
Gelatin (flavored, plain)	
Honey	
Marshmallows or Marshmallow Cream	
Milk (evaporated, sweetened condensed)	
Molasses	
Nonstick cooking spray	
Nuts (almonds, peanuts, pecans, walnuts)	
Oil (olive, vegetable)	
Pie filling	
Salt and Pepper	
Shortening	
Spices (cinnamon, ginger, nutmeg, etc.)	
Sugar (brown, confectioners', granulated)	
Tapioca, quick-cooking	
Yeast	

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<i>Baking Mixes</i>	Date Purchased
Biscuit	
Brownie	
Cake	
Corn bread	
Frosting, canned	
Muffin	
Pancake	
Pudding, instant	
Quick bread	

<i>Canned or Bottled Foods</i>	Date Purchased
Applesauce	
Beans (black, great northern, kidney, pinto, etc.)	
Broth (beef, chicken)	
Fruits (fruit cocktail, mandarin oranges, peaches, pears, pineapple, etc.)	
Green chilies	
Jam and Jelly	
Ketchup	
Meats (beef, chicken, ham, etc.)	
Mushrooms	
Olives	
Peanut butter	
Prepared entrées (chili, ravioli, spaghetti, soups, stews, etc.)	
Salsa	
Sauces (Alfredo, cheese, picante, spaghetti, etc.)	
Soups, condensed (chicken, mushroom, celery, etc.)	
Tomatoes (diced, paste, sauce, stewed)	
Tuna	
Vegetables (Corn, green beans, peas)	

<i>Dried Fruits and Veggies</i>	Date Purchased
Apples	
Apricots	
Carrots	
Celery	
Cranberries	
Dates	

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Onions	
Garlic	
Peppers (bell, hot, etc.)	
Prunes	
Raisins	
Tomatoes	

Seasonings	Date Purchased
Bouillon granules (beef, chicken)	
Browning and seasoning sauce	
Hot pepper sauce	
Onion soup mix	
Seasoned salt	
Soy sauce	
Taco seasoning	
Vinegar (balsamic, cider, red wine, white, etc.)	
Worcestershire sauce	

Starches	Date Purchased
Bread (pita, sandwich)	
Bread crumbs, dry	
Crackers (graham, soda, etc.)	
Croutons	
Noodle mixes	
Pasta (noodles, macaroni, penne, spaghetti, etc.)	
Rice, instant	
Rice mixes	
Stuffing mix	

Storage, Long-Term	Date Purchased
Dried beans (black, kidney, navy, pinto)	
Nonfat dry milk powder	
Oats (regular, instant)	
Potato Flakes	
Rice (instant, long grain etc.)	
Wheat (red or white)	
Egg powder	

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