PANTRY STAPLES CHECKLIST

What's in the pantry?

Stop buying a fourth jar of cumin. Stand in front of the pantry with a pen: tick **have** for what's there, **buy** for what's running low, and take it to the shops.

My Tomte

Checked _____

Breakfast shelf

	HAVE	BUY
Cereal	☐	☐
Rolled oats	☐	☐
Muesli	☐	☐
Peanut butter	☐	☐
Honey	☐	☐
Jam	☐	☐
Yeast spread	☐	☐
	☐	☐

Baking

	HAVE	BUY
Plain flour	☐	☐
Self-raising flour	☐	☐
Caster sugar	☐	☐
Brown sugar	☐	☐
Icing sugar	☐	☐
Baking powder	☐	☐
Bicarb soda	☐	☐
Vanilla	☐	☐
Cocoa	☐	☐
Chocolate chips	☐	☐
	☐	☐

Snacks and lunchbox fillers

	HAVE	BUY
Crackers	☐	☐
Rice cakes	☐	☐
Muesli bars	☐	☐
Sultanas	☐	☐
Dried fruit	☐	☐
Popcorn	☐	☐
Nuts	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐

Dinner basics

	HAVE	BUY
Pasta	☐	☐
Rice	☐	☐
Noodles	☐	☐
Tinned tomatoes	☐	☐
Tomato paste	☐	☐
Tinned chickpeas or beans	☐	☐
Tinned tuna	☐	☐
Coconut milk	☐	☐
Stock	☐	☐
Soy sauce	☐	☐
Olive oil	☐	☐
Vinegar	☐	☐
	☐	☐

Herbs and spices

	JARS?	HAVE	BUY
Salt	___	☐	☐
Pepper	___	☐	☐
Cumin	___	☐	☐
Paprika	___	☐	☐
Cinnamon	___	☐	☐
Oregano	___	☐	☐
Mixed herbs	___	☐	☐
Chilli flakes	___	☐	☐
Curry powder	___	☐	☐
Garlic powder	___	☐	☐

Only our house buys

	HAVE	BUY
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐