## KITCHEN ESSENTIALS CHECKLIST

Pantry Staples					
BAKING	OILS & VINEGARS	WHOLE GRAINS	NUTS & SEEDS		
VEGETABLES	PASTA	GLUTEN-FREE BAKING	SWEETENERS		
SNACKS	CANNED GOODS	OTHER			

Fridge Staples							
DAIRY		VEGETABLES		CONDIMENTS		MEAT	
FRUIT		ASIAN		OTHER			

Frozen Staples							
MEAT		VEGETABLES		FRUIT		OTHER	