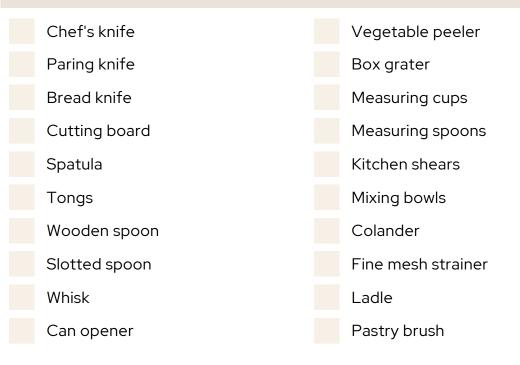
KITCHEN ESSENTIALS CHECKLIST

COOKWARE:

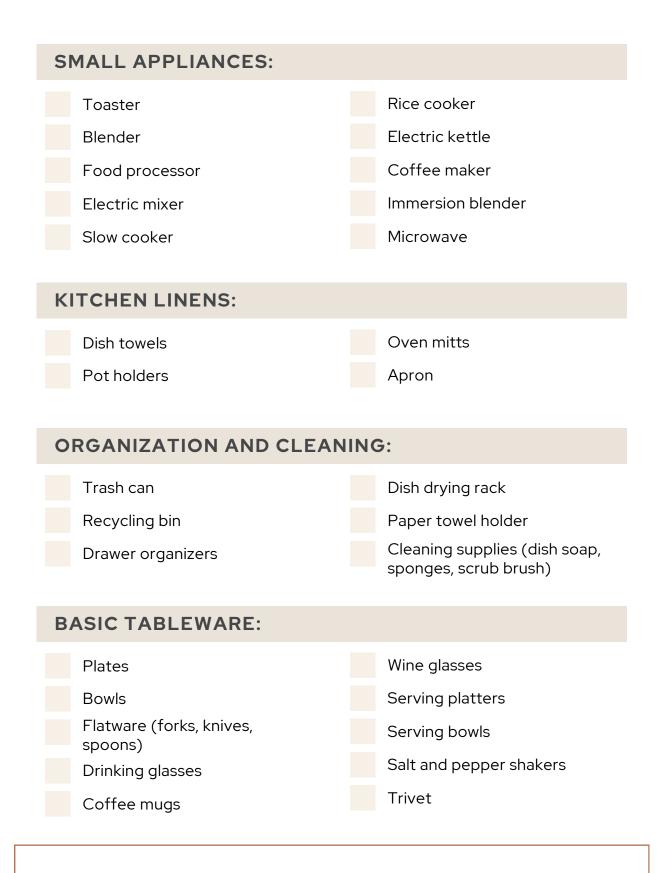


UTENSILS:



FOOD STORAGE:

Food storage containers
Plastic wrap
Aluminum foil
Class jars for dry goods



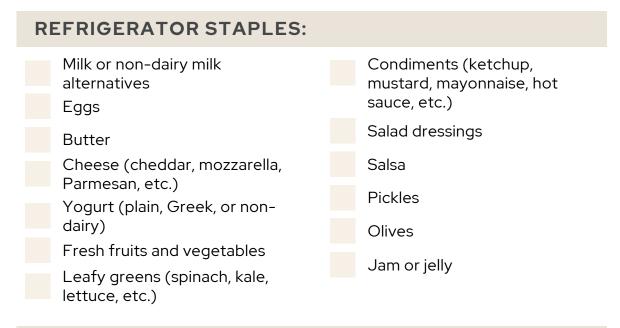
Food: List of basic food staples that are versatile and can be used to create a variety of dishes. You can customize this list based on your dietary preferences and personal tastes.

PANTRY STAPLES:

| Rice (white, brown, or other varieties) | Baking powder |
|---|---|
| Pasta (assorted shapes and sizes) | Baking soda |
| Dried beans and lentils | Cornstarch |
| Canned beans (black, kidney, chickpeas, etc.) | Salt (table salt, kosher salt, sea salt) |
| Canned tomatoes (diced, crushed, or whole) | Cooking oil (olive oil, canola oil, coconut oil) |
| Tomato sauce and/or paste | Vinegars (white, apple cider, balsamic, red wine) |
| Broths and stocks (chicken, beef, vegetable) | Soy sauce |
| Oats (rolled or steel-cut) | Honey |
| Flour (all-purpose, whole wheat, etc.) | Peanut butter or other nut butters |
| Sugar (white, brown, powdered) | Nuts (almonds, walnuts, peanuts, etc.) |
| Seeds (chia, flax, sunflower, | Crackers and/or rice cakes |
| etc.) | Bread (store in the freezer for |
| Dried fruits (raisins, apricots, | longer-lasting freshness) |
| dates, etc.) | Cereal and/or granola |

SPICES AND HERBS:





FREEZER STAPLES:

- Frozen vegetables (peas, corn, green beans, etc.)
- Frozen fruits (berries, mango, pineapple, etc.)
- Frozen meats and poultry (chicken breasts, ground beef, etc.)

Frozen fish and seafood

Bread products (loaves, bagels, tortillas, etc.)

Ice cream or other frozen desserts