

KITCHEN ESSENTIALS CHECKLIST

COOKWARE:

- Non-stick frying pan
- Cast iron skillet
- Stainless steel frying pan
- Saucepan (small, medium, and large)
- Stockpot
- Dutch oven
- Casserole dish
- Baking sheet
- Roasting pan
- Glass baking dish
- Muffin tin
- Pie dish
- Loaf pan
- Cooling rack
- Steamer basket

UTENSILS:

- Chef's knife
- Paring knife
- Bread knife
- Cutting board
- Spatula
- Tongs
- Wooden spoon
- Slotted spoon
- Whisk
- Can opener
- Vegetable peeler
- Box grater
- Measuring cups
- Measuring spoons
- Kitchen shears
- Mixing bowls
- Colander
- Fine mesh strainer
- Ladle
- Pastry brush

FOOD STORAGE:

- Food storage containers
- Plastic wrap
- Aluminum foil
- Parchment paper
- Ziplock bags (various sizes)
- Glass jars for dry goods

SMALL APPLIANCES:

- | | |
|---|--|
| <input type="checkbox"/> Toaster | <input type="checkbox"/> Rice cooker |
| <input type="checkbox"/> Blender | <input type="checkbox"/> Electric kettle |
| <input type="checkbox"/> Food processor | <input type="checkbox"/> Coffee maker |
| <input type="checkbox"/> Electric mixer | <input type="checkbox"/> Immersion blender |
| <input type="checkbox"/> Slow cooker | <input type="checkbox"/> Microwave |

KITCHEN LINENS:

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Dish towels | <input type="checkbox"/> Oven mitts |
| <input type="checkbox"/> Pot holders | <input type="checkbox"/> Apron |

ORGANIZATION AND CLEANING:

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|--|--|
| <input type="checkbox"/> Trash can | <input type="checkbox"/> Dish drying rack |
| <input type="checkbox"/> Recycling bin | <input type="checkbox"/> Paper towel holder |
| <input type="checkbox"/> Drawer organizers | <input type="checkbox"/> Cleaning supplies (dish soap, sponges, scrub brush) |

BASIC TABLEWARE:

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|---|--|
| <input type="checkbox"/> Plates | <input type="checkbox"/> Wine glasses |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Serving platters |
| <input type="checkbox"/> Flatware (forks, knives, spoons) | <input type="checkbox"/> Serving bowls |
| <input type="checkbox"/> Drinking glasses | <input type="checkbox"/> Salt and pepper shakers |
| <input type="checkbox"/> Coffee mugs | <input type="checkbox"/> Trivet |

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

SPICES AND HERBS:

- Black pepper
- Garlic powder
- Onion powder
- Paprika
- Cumin
- Chili powder
- Oregano
- Bay leaves
- Basil
- Thyme
- Rosemary
- Cinnamon
- Nutmeg
- Ginger
- Red pepper flakes

REFRIGERATOR STAPLES:

- Milk or non-dairy milk alternatives
- Eggs
- Butter
- Cheese (cheddar, mozzarella, Parmesan, etc.)
- Yogurt (plain, Greek, or non-dairy)
- Fresh fruits and vegetables
- Leafy greens (spinach, kale, lettuce, etc.)
- Condiments (ketchup, mustard, mayonnaise, hot sauce, etc.)
- Salad dressings
- Salsa
- Pickles
- Olives
- Jam or jelly

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