

ESSENTIALS FOR BUILDING A PANTRY

A Par Level Food Storage Inventory Checklist



<u>BASICS</u>	PAR	ON HAND	NEED TO ADD	<u>CANNED VEG</u>	PAR	ON HAND	NEED TO ADD
Almond extract	_____	_____	_____	Carrots	_____	_____	_____
Baking power	_____	_____	_____	Corn	_____	_____	_____
Baking soda	_____	_____	_____	Green Beans	_____	_____	_____
Bread crumbs	_____	_____	_____	Peas	_____	_____	_____
Brown sugar	_____	_____	_____	Pickles	_____	_____	_____
Cinnamon	_____	_____	_____	Spinach	_____	_____	_____
Cornmeal	_____	_____	_____	Sweet Potatoes	_____	_____	_____
Dried beans	_____	_____	_____				
Dried pasta	_____	_____	_____	<u>COLD STORAGE</u>	PAR	ON HAND	NEED TO ADD
Dried yeast	_____	_____	_____	Butter	_____	_____	_____
Flour	_____	_____	_____	Cheese	_____	_____	_____
Oats	_____	_____	_____	Eggs	_____	_____	_____
Oil	_____	_____	_____	Milk	_____	_____	_____
Rice	_____	_____	_____	Yogurt	_____	_____	_____
Salt	_____	_____	_____				
Shortening	_____	_____	_____	<u>CONDIMENTS</u>	PAR	ON HAND	NEED TO ADD
Sugar	_____	_____	_____	Barbecue sauce	_____	_____	_____
Vanilla extract	_____	_____	_____	Hot Sauce	_____	_____	_____
				Jelly/Jam	_____	_____	_____
<u>SOUPS & SAUCES</u>	PAR	ON HAND	NEED TO ADD	Ketchup	_____	_____	_____
Beef broth	_____	_____	_____	Maple syrup	_____	_____	_____
Chicken broth	_____	_____	_____	Mayonnaise	_____	_____	_____
Condensed soups	_____	_____	_____	Mustard	_____	_____	_____
Salsa	_____	_____	_____	Peanut butter	_____	_____	_____
Tomato paste	_____	_____	_____	Ranch	_____	_____	_____
Tomato sauce	_____	_____	_____	Relish	_____	_____	_____
				Salad dressing	_____	_____	_____
<u>CANNED MEATS</u>	PAR	ON HAND	NEED TO ADD	Soy sauce	_____	_____	_____
Chicken	_____	_____	_____				
Tuna	_____	_____	_____	<u>OTHER</u>	PAR	ON HAND	NEED TO ADD
Beef	_____	_____	_____	_____	_____	_____	_____
				_____	_____	_____	_____
<u>CANNED FRUITS</u>	PAR	ON HAND	NEED TO ADD	_____	_____	_____	_____
Applesauce	_____	_____	_____	_____	_____	_____	_____
Fruit Cocktail	_____	_____	_____	_____	_____	_____	_____
Peaches	_____	_____	_____	_____	_____	_____	_____
Pears	_____	_____	_____	_____	_____	_____	_____
Pineapple	_____	_____	_____	_____	_____	_____	_____