

# Homestead Pantry Checklist

One of the tenets of the modern homesteading movement is food security. The other is a preference for making things from scratch, and a general belief that natural, whole food ingredients are better than processed ones. The ingredients on this list reflect this and make up a pretty well-rounded pantry for most any modern homesteader. But feel free to add or remove any items that don't fit your specific tastes or dietary needs :)

## HEALTHY FATS

- Olive Oil
- Coconut Oil
- Avocado Oil
- Butter
- Lard

## VINEGARS

- White Vinegar
- Apple Cider Vinegar
- Balsamic Vinegar
- White Wine Vinegar
- Red Wine Vinegar

## BAKING INGREDIENTS

- All-Purpose Flour
- Whole wheat flour or wheat berries
- Gluten Free Flour (almond, oat, sorghum, etc.)
- Sugar
- Brown Sugar
- Baking Soda
- Baking Powder
- Cornstarch
- Cocoa Powder
- Vanilla Extract
- Molasses
- Chocolate Chips

## HERBS & SPICES

- Sea Salt
- Whole Peppercorns
- Dried Oregano
- Dried Rosemary
- Dried Basil
- Dried Thyme
- Cumin
- Paprika
- Cayenne
- Turmeric
- Garlic Powder
- Onion Powder

- Mustard Powder
- Cinnamon
- Ginger
- Nutmeg
- Cloves

## SAUCES, SPREADS & CONDIMENTS

*(homemade or store-bought)*

- Jams & Jellies
- Nut Butter(s)
- Honey (raw, unpasteurized)
- Pure Maple Syrup
- BBQ Sauce
- Ketchup
- Mustard
- Tomato Sauce
- Salsa
- Pickles
- Canned Fruit
- Applesauce

## GRAINS, HERBS, RICE & BEANS

- Oats (rolled & steel cut)
- Rice (white, brown, wild)
- Quinoa
- Cornmeal
- Dried Pasta
- Dried Beans (pinto, black, kidney, etc.)
- Lentils
- Split Peas
- Popcorn Kernels

## OTHER

- Potatoes
- Winter Squash
- Onions
- Garlic
- Stock (chicken, veggie, beef)
- Bottled Lemon Juice
- Dried Fruit
- Nuts & Seeds
- Coffee
- Tea