



Common Pantry Staples List

This is a list of pantry staples commonly found in Community Kitchens.

Pantry	Onions	Fridge
Flour – plain & self-raising	Garlic	Milk
Baking powder	Chilli sauce	Margarine or butter
Bicarb soda	Tomato paste	Eggs
Cornflour	Soy sauce	Cheese
Skim milk powder	Vinegar	Mayonnaise (low fat)
Evaporated milk	Pepper	Plain yogurt
Sugar	Chilli powder	Freezer
Rice	Curry powder	Frozen vegetable mix
Pasta	Mixed herbs	Bread
Dried noodles	Mixed spice	Filo pastry
Canned tomatoes	Nutmeg	Peas
Canned soup (e.g. tomato)	Cinnamon	Pizza bases
Canned fish (e.g. tuna)	Oregano	
Canned or dried beans (e.g. kidney beans, 3 bean mix, baked beans)	Basil	
Olive/canola oil	Sweet chilli sauce	
Olive/canola oil spray	Plastic wrap	
Stock powder/cubes	Foil	