

# Essentials for Stocking a Kitchen & Pantry

## Essential Cooking Supplies

### Knives & Utensils

large chef's knife  
serrated bread knife  
paring knife  
steak knives  
corkscrew  
peeler  
whisk  
can opener  
pastry brush  
grater  
wooden spoons  
rubber spatula  
standard flat spatula  
tongs  
ladle  
large serving spoons  
scissors

*Starts At Eight*



**Any Added Items**

# Essentials for Stocking a Kitchen & Pantry

## Essential Food Items - Pantry

baking powder  
baking soda  
bouillon cubes (beef, chicken, vegetable)  
bread  
canned soups  
chocolate chips  
cocoa powder  
coffee  
cooking oil  
cornmeal  
cornstarch  
flour  
honey  
hot sauce  
nuts  
olive oil  
past  
peanut butter  
rice  
rolled oats  
soy sauce  
spices & dried herbs (salt, pepper, paprika, bay leaves, etc)  
sugar (white and brown)  
tomato sauce  
tuna  
vanilla extract  
vinegar



# Essentials for Stocking a Kitchen & Pantry

## Essential Food Items

### Refrigerator

butter  
carrots  
celery  
cheese  
cucumber  
eggs  
jelly  
ketchup  
lettuce  
mayonnaise  
milk  
mustard  
sour cream

### Fruits & Veggies

apples  
bananas  
onions  
potatoes

### Freezer

chicken breast  
frozen vegetables  
hamburger (or ground turkey)  
ice  
pork chops

*Starts At Eight*



# Essentials for Stocking a Kitchen & Pantry

## Essential Cooking Supplies

### Pots & Pans

- skillet
- baking sheets (with and without rims)
- muffin tin
- stoneware or glass casserole dish
- saucepan
- large kettle
- bread loaf pan
- non-stick frying pan

*Starts At Eight*



### Powered Appliances

- blender
- mixer (stand or hand held)
- toaster oven
- food processor
- microwave
- crook-pot
- coffee pot

### Other Misc. Equipment

- large measuring cup
- measuring cup set
- measuring spoon set
- cuttin board
- colander
- varied sized mixed bowls