



# Rooted & Ready Pantry Checklist

## Dry Goods

- ☐ White rice
- ☐ Dried beans (pinto, black, navy, lentils, etc.)
- ☐ All-purpose or bread flour
- ☐ Cornmeal
- ☐ Rolled oats
- ☐ Pasta (spaghetti, elbow, egg noodles, etc.)
- ☐ Sugar (white and brown)
- ☐ Salt (table and coarse)
- ☐ Baking powder
- ☐ Baking soda
- ☐ Yeast (store extras in the freezer)

## Canned & Jarred Foods

- ☐ Canned vegetables (green beans, corn, peas, etc.)
- ☐ Canned tomatoes (sauce, diced, paste)
- ☐ Canned fruit in juice or water
- ☐ Canned beans
- ☐ Canned meats (chicken, tuna, salmon, spam)
- ☐ Canned soups & stews

## Flavor & Essentials

- ☐ Garlic powder, onion powder, chili powder
- ☐ Cumin, cinnamon, paprika, etc.
- ☐ Bouillon cubes or Better Than Bouillon
- ☐ Vinegar (white, apple cider)
- ☐ Cooking oils (olive, vegetable, or lard)
- ☐ Honey or maple syrup
- ☐ Peanut butter or other nut butters

## Shelf-Stable Extras

- ☐ Powdered milk or shelf-stable boxed milk
- ☐ Instant oatmeal packets
- ☐ Granola bars, crackers, trail mix
- ☐ Instant potatoes or stuffing mix
- ☐ Dry soup mixes or ramen
- ☐ Brownie mix or comfort snack backups
- ☐ Pet food for your animals

## Medicinals & Comforts

- ☐ Coffee (ground, instant, or whole bean)
- ☐ Tea (black, green, herbal)
- ☐ Cocoa powder or hot chocolate mix
- ☐ Chamomile, elderberry, peppermint tea
- ☐ Epsom salts or herbal bath blends

## Non-Food Pantry Helpers

- ☐ Can opener
- ☐ Parchment paper, foil, zip bags
- ☐ Freezer bags and storage containers
- ☐ Jar lids, rings, labels for home preserving

## Optional but Nice to Have

- ☐ Soup mixes in mason jars
- ☐ Biscuit or pancake mix
- ☐ Dehydrated veggies or mushrooms
- ☐ Vacuum-sealed snacks or baking kits
- ☐ Extra to share with a neighbor in need

## Personalization

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



# Rooted & Ready Non-Food Checklist

## Paper Goods

- ☐ Toilet paper
- ☐ Paper towels
- ☐ Tissues
- ☐ Napkins
- ☐ Feminine products (get reusable if possible)
- ☐ Diapers
- ☐ Wet wipes

## Cleaning Supplies

- ☐ Dish soap
- ☐ Laundry detergent
- ☐ Bleach
- ☐ White vinegar
- ☐ Baking Soda
- ☐ Sponges, brushes, microfiber cloths
- ☐ Rubber gloves
- ☐ Trash bags
- ☐ Disinfectant spray
- ☐ Refillable spray bottles

## Personal Hygienes

- ☐ Toothpaste + toothbrushes
- ☐ Shampoo + conditioner
- ☐ Bar soap + body wash
- ☐ Deodorant
- ☐ Razors + refills
- ☐ Lotion + lip balm
- ☐ Hand sanitizer
- ☐ Cotton swabs + cotton rounds
- ☐ Nail clippers + tweezers

## Power + Light

- ☐ Batteries
- ☐ Flashlights + solar lanterns
- ☐ Lightbulbs
- ☐ Lighters + matches
- ☐ Tech items (earbuds, surge protectors)
- ☐ Extension cords + power cables
- ☐ Chargers and cords

## Tools + Repairs

- ☐ Superglue
- ☐ Nails + screws
- ☐ Sewing kit + supplies
- ☐ WD-40 or lubricant spray
- ☐ Zip ties + duct tape
- ☐ Basic hand tools (hammer, screw drivers)

## Medicine & First Aid

- ☐ Pain relievers (Tylenol, Advil, etc.)
- ☐ Cold + Flu medicine
- ☐ Allergy relief
- ☐ Stomach/digestive (Tums, prilosec, etc)
- ☐ Epsom salts
- ☐ Thermometer
- ☐ Bandages + gauze
- ☐ Antiseptic ointment
- ☐ Daily vitamins and supplements

## Non-Food Pantry Helpers

- ☐ Can opener
- ☐ Parchment paper, foil, zip bags
- ☐ Freezer bags and storage containers
- ☐ Jar lids, rings, labels for home preserving

## Clothing + Textiles

- ☐ Shoes + socks
- ☐ Underwear
- ☐ Cloth napkins
- ☐ Towels (both kitchen + bath)

## Pet Care

- ☐ Dry or canned food
- ☐ Treats
- ☐ Litter or bedding
- ☐ Waste bags or scoops
- ☐ Extra leashes or collars
- ☐ Flea/Tick medications
- ☐ Any medicine your pet takes

## Morale Boosters + Mental Health

- ☐ Craft supplies
- ☐ Games + puzzles
- ☐ Litter or bedding
- ☐ Waste bags or scoops
- ☐ Candles + incense
- ☐ Playing cards

## Personalization

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_