

Pantry Inventory Template

from [Seasonal Simple Life](#)

How to Use This Template

- 1. **Print this template** to fill out
- 2. **During your pantry audit**, go through each category and list what you have
- 3. **Update regularly** - cross off items as you use them and add new purchases
- 4. **Review before shopping** to avoid buying duplicates

Grains and Pasta

Item	Quantity	Best Before Date	Notes
Rice (white)			
Rice (brown)			
Pasta (Spaghetti)			
Pasta (Penne)			
Pasta (Other)			
Quinoa			
Couscous			
Oats			

Baking Supplies

Item	Quantity	Best Before Date	Notes
All-purpose flour			
Bread flour			
Whole wheat flour			
Sugar (white)			
Sugar (brown)			
Baking powder			
Baking soda			
Yeast			
Vanilla extract			
Cocoa powder			

Canned Goods

Items	Quantity	Best Before Date	Notes
Tomatoes (whole)			
Tomatoes (crushed)			
Tomato paste			
Beans (Kidney)			
Beans Black			
Chickpeas			
Corn			
Coconut Milk			
Tuna			
Stock/Broth			

Oils & Condiments

Item	Quantity	Best Before Date	Notes
Olive oil			
sunflower oil			
pumpkin seed oil			
Coconut oil			
Vinegar (white)			
Vinegar (apple)			
Vinegar (balsamic)			
Soy sauce			
Honey			
Maple syrup			
Mustard			
Mayonnaise			

Spices & Herbs

Item	Quantity	Best Before Date	Notes
Salt			
Black pepper			
Paprika			
Cinnamon			
Cumin			
Oregano			
Thyme			
Basil			
Bay leaves			
Garlic powder			

Home-preserves items

Item	Quantity	Date Made	Notes

Snacks & Miscellaneous

Item	Quantity	Best Before Date	Notes
Nuts (almonds)			
Nuts (walnuts)			
Nuts (peanuts)			
Raisins			
Dried figs			
Dried plums			
Crackers			
Crisps			
Chocolate Chips			
Coffee			
Tea (black)			
Tea (green)			
Tea (herbal)			

Additional category I (customise)

Item	Quantity	Best Before Date	Notes

Additional category II (customise)

Item	Quantity	Best Before Date	Notes

Tips for Success:

- Update this inventory after each pantry audit (recommended: every 3 months)
- Cross off items as you use them
- Circle or highlight items that need to be used soon
- Keep this template in your kitchen for easy reference
- Take a photo of your completed inventory to have on your phone while shopping

You'll find a detailed guide on pantry audit and rotation on

www.seasonalsimplelife.com/pantryaudit

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