

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

Canned Goods

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

Home-preserves items

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

© Seasonal Simple Life - For personal use only!