

AUTUMN

Pantry Checklist

SEASONAL STAPLES FOR COZY MEALS,
WARM BAKES & SIMPLE JOYS

BAKING ESSENTIALS

- All-Purpose Flour
- Wholemeal Flour
- Baking Powder
- Baking Soda
- Salt
- Caster Sugar
- Brown Sugar
- Vanilla Extract
- Cocoa Powder
- Cornflour
- Oats
- Plain & Self-Raising Flour



AUTUMN SPICES

- Cinnamon
- Nutmeg
- Ginger (Ground)
- Cloves (Ground)
- Mixed Spice
- Allspice
- Cardamom
- Pumpkin Pie Spice
- Star Anise
- Vanilla Bean



DRY GOODS

- Pasta
- Rice
- Quinoa
- Couscous
- Lentils
- Beans (Tinned or Dried)
- Chickpeas
- Polenta
- Rice Noodles
- Breadcrumbs
- Nuts & Seeds
- Dried Fruit



CANNED & JARRED GOODS

- Chopped Tomatoes
- Tomato Passata
- Coconut Milk
- Tinned Beans
- Tinned Lentils
- Vegetable Stock
- Chicken Stock
- Tuna or Salmon
- Apple Sauce
- Pumpkin Purée



SWEET & TREATS

- Honey
- Maple Syrup
- Golden Syrup
- Jam or Preserves
- Peanut Butter
- Almond Butter
- Dark Chocolate
- Dried Cranberries
- Raisins
- Dates



OILS, VINEGARS & CONDIMENTS

- Olive Oil
- Rapeseed Oil
- Balsamic Vinegar
- Apple Cider Vinegar
- Mustard
- Soy Sauce
- Worcester Sauce
- Chutney
- Harissa or Hot Sauce
- Sea Salt & Pepper



Don't Forget...

- Stock up little by little
- Check what you have before you shop
- Use what's in season
- Cook with love & enjoy the little things

NOTES

Our Little House in the Country

ourlittlehouseinthecountry.com