

# Senior-Friendly Pantry Checklist

## Whole Grains & Dry Staples

- ☐ Oatmeal
- ☐ Brown rice or quinoa
- ☐ Whole-wheat pasta
- ☐ Instant potatoes
- ☐ Low-sodium crackers

## Protein Sources

- ☐ Canned tuna or salmon
- ☐ Canned beans (black, chickpeas, kidney)
- ☐ Nut butters (peanut, almond, sunflower)
- ☐ Powdered or shelf-stable milk
- ☐ Nuts and seeds (walnuts, almonds, chia, flax)

## Canned & Jarred Goods

- ☐ Low-sodium soups or broths
- ☐ Canned tomatoes (diced, crushed, sauce)
- ☐ Canned vegetables (corn, green beans, etc.)
- ☐ Canned fruit (in juice, not syrup)
- ☐ Unsweetened applesauce

## Healthy Fats & Cooking Essentials

- ☐ Olive oil or avocado oil
- ☐ Vinegar (apple cider, balsamic, white)
- ☐ Low-sodium soy sauce or coconut aminos

## Herbs, Spices & Flavor Boosters

- ☐ Garlic powder & onion powder
- ☐ Dried herbs (basil, oregano, thyme)
- ☐ Ground cinnamon
- ☐ Low-sodium salt & black pepper

## Quick & Easy Meal Helpers

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- ☐ Instant or microwavable rice/grains
- ☐ Shelf-stable pasta sauce
- ☐ Protein or granola bars
- ☐ Plain yogurt (shelf-stable if needed)
- ☐ Canned chicken