



42 Spices to Have on Hand: *A Checklist to Get You Started*

This checklist of 42 spices to have on hand will make cooking and baking easier on busy days. With this list of spices, you'll be able to make most recipes without a special trip to the store!

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| <input type="checkbox"/> 1. Salt | <input type="checkbox"/> 22. Thyme |
| <input type="checkbox"/> 2. Coarse ground or Kosher salt | <input type="checkbox"/> 23. Parsley flakes |
| <input type="checkbox"/> 3. Fine ground black pepper | <input type="checkbox"/> 24. Rubbed sage |
| <input type="checkbox"/> 4. Coarse ground black pepper | <input type="checkbox"/> 25. Poultry seasoning |
| <input type="checkbox"/> 5. Whole peppercorns | <input type="checkbox"/> 26. Ground oregano |
| <input type="checkbox"/> 6. Fine ground white pepper | <input type="checkbox"/> 27. Cinnamon |
| <input type="checkbox"/> 7. Red pepper flakes | <input type="checkbox"/> 28. Cinnamon sticks |
| <input type="checkbox"/> 8. Cayenne pepper | <input type="checkbox"/> 29. Nutmeg |
| <input type="checkbox"/> 9. Garlic powder | <input type="checkbox"/> 30. Whole cloves |
| <input type="checkbox"/> 10. Granulated garlic | <input type="checkbox"/> 31. Ground cloves |
| <input type="checkbox"/> 11. Garlic salt | <input type="checkbox"/> 32. Paprika |
| <input type="checkbox"/> 12. Minced garlic | <input type="checkbox"/> 33. Ground mustard |
| <input type="checkbox"/> 13. Onion flakes | <input type="checkbox"/> 34. Cream of tartar |
| <input type="checkbox"/> 14. Onion powder | <input type="checkbox"/> 35. Turmeric |
| <input type="checkbox"/> 15. Cumin | <input type="checkbox"/> 36. Whole allspice |
| <input type="checkbox"/> 16. Chili powder | <input type="checkbox"/> 37. Ground allspice |
| <input type="checkbox"/> 17. Bay leaves | <input type="checkbox"/> 38. Ground ginger |
| <input type="checkbox"/> 18. Italian seasoning | <input type="checkbox"/> 39. Dill |
| <input type="checkbox"/> 19. Basil | <input type="checkbox"/> 40. Coriander |
| <input type="checkbox"/> 20. Oregano | <input type="checkbox"/> 41. Marjoram |
| <input type="checkbox"/> 21. Rosemary | <input type="checkbox"/> 42. Curry powder |

P.S. Use this list, too, to start a checklist for your household inventory (see our Emergency Planning Checklist).

Tootles,



Tiffany and Carole