



42 Refrigerator Essentials: *A Checklist to Get You Started*

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

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| <input type="checkbox"/> 1. Milk: whole, 1%, 2%, non-fat, soy | <input type="checkbox"/> 22. Pickles: sweet relish, dill, |
| <input type="checkbox"/> 2. Sour cream | <input type="checkbox"/> 23. Pickled pepperoncini, jalapenos |
| <input type="checkbox"/> 3. Greek yogurt & regular yogurt | <input type="checkbox"/> 24. Green and black olives |
| <input type="checkbox"/> 4. Cottage cheese, ricotta | <input type="checkbox"/> 25. Capers |
| <input type="checkbox"/> 5. Whipping cream, half-and-half | <input type="checkbox"/> 26. Flour and corn tortillas |
| <input type="checkbox"/> 6. Butter, margarine | <input type="checkbox"/> 27. Active dry yeast |
| <input type="checkbox"/> 7. Cheese: cheddar, Parmesan, Feta, mozzarella, string, American, etc. | <input type="checkbox"/> 28. Juice: apple, orange, cranberry, tomato |
| <input type="checkbox"/> 8. Cream cheese, mascarpone | <input type="checkbox"/> 29. Deli meats |
| <input type="checkbox"/> 9. Eggs | <input type="checkbox"/> 30. Fresh vegetables |
| <input type="checkbox"/> 10. Ketchup | <input type="checkbox"/> 31. Fresh fruit |
| <input type="checkbox"/> 11. Mustard: yellow, Dijon, ground | <input type="checkbox"/> 32. Horseradish |
| <input type="checkbox"/> 12. Mayonnaise | <input type="checkbox"/> 33. Sun-dried tomatoes |
| <input type="checkbox"/> 13. Worcestershire sauce | <input type="checkbox"/> 34. Seafood sauce: cocktail, tartar |
| <input type="checkbox"/> 14. Major Grey's Mango Chutney | <input type="checkbox"/> 35. Bottled marinades |
| <input type="checkbox"/> 15. Hot sauce (Tabasco) | <input type="checkbox"/> 36. Hummus |
| <input type="checkbox"/> 16. Salsa: mild, medium, hot | <input type="checkbox"/> 37. Pet food (opened) |
| <input type="checkbox"/> 17. Soy sauce | <input type="checkbox"/> 38. Barbeque sauce |
| <input type="checkbox"/> 18. Maple syrup | <input type="checkbox"/> 39. Steak sauce |
| <input type="checkbox"/> 19. Jams & jellies: strawberry, orange, hot pepper, boysenberry | <input type="checkbox"/> 40. Soft drinks, bottled water, other drinks |
| <input type="checkbox"/> 20. Lemon juice, lime juice | <input type="checkbox"/> 41. Bottled salad dressings |
| <input type="checkbox"/> 21. White wine, (opened) red wine | <input type="checkbox"/> 42. A box of opened baking soda |

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

Tootles,



Tiffany and Carole