

South African Family Pantry Starter Checklist

How to use this checklist: Print it out and stick it inside your pantry cupboard. Tick items off as you stock up each week. Don't try to do it all at once – slow and steady builds a pantry that lasts.

Section 1: Core Pantry Staples The essentials every South African family kitchen needs

Baking & Dry Goods

- | | |
|---|---|
| <input type="checkbox"/> Cake Flour | <input type="checkbox"/> Salt (fine and coarse) |
| <input type="checkbox"/> Self-raising Flour | <input type="checkbox"/> Baking Powder |
| <input type="checkbox"/> White Sugar | <input type="checkbox"/> Bicarbonate of Soda |
| <input type="checkbox"/> Brown Sugar | <input type="checkbox"/> Vanilla Essence |
| <input type="checkbox"/> Icing Sugar | <input type="checkbox"/> Cocoa Powder |

Build your pantry one shelf at a time • We stock most pantry staples in bulk to save you money!

Print, tick, repeat



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Grains & Starches

- White Rice
- Brown Rice
- Maize meal (Fine and coarse)
- Maizina/Cornflour
- Pasta Spaghetti
- Pasta Shells
- Oats Rolled
- Oats Quick
- Bread Flour
- Yeast

Tins & Canned Goods

- Chopped Tomatoes
- Tomato Paste
- Chickpeas
- Kidney Beans
- Butter Beans
- Lentils
- Coconut Milk
- Sweetcorn
- Tuna/Pilchards
- Long Life Cream

Oils, Vinegars & Sauces

- Sunflower oil
- Extra Virgin Olive Oil
- White Vinegar
- Apple Cider Vinegar
- Soy Sauce
- Worcestershire Sauce
- Tomato Sauce
- Long Life Milk
- Chutney
- Mayonaise

Pro tip: Buy your most-used items in bulk (1 for now, 2 for later) when they go on special and decant into labelled jars or golden tins. It saves money and keeps things neat.





Section 2: South African Pantry Heroes

The local touches that make your pantry feel like home

Spices & Flavours

- Coriander (whole and ground)
- Salt (Himalayan or other)
- Turmeric
- Smoked Paprika
- Chilli Flakes/powder
- Cinnamon (sticks and ground)
- Cardamon
- Braai Spice
- Chicken Spice
- Curry Powders

Preserves and Condiments

- Apricot jam
- Chutney
- Honey
- Syrup
- Peanut Butter
- Marmite/Bovril
- Tomato Sauce
- Mustard
- Canned peaches
- Stock(Beef or other)

Pro tip: Stock up on dried fruits when you visit a farm stall or market. Prices are better and quality is higher than supermarket packs. We stock herbs and spices in bulk to save you money!



Section 3: Your Preserving Starter Kit

What you need to make your first batch of preserves

Equipment checklist

- Wide-mouth glass jars (assorted)
- Standard glass jars with lids
- Jar funnel (wide-mouth)
- Jar grip / tongs
- Labels or chalk pen
- Large pot for water-bath canning
- Ladle
- Thermometer (optional)
- Permanent marker
- Recipe Booklet

First preserves to try

- Apricot jam
- Chutney
- Peach Jam
- Green beans
- Dried Apricots
- Butternut
- Tomato/onion mix
- Tomato Pasta Sauce
- Canned peaches
- Canned Guava

Our Beginner Canning Kit has all the information and tools you need to start preserving safely and without mess. No more guessing, no spills, no burnt fingers, no frustration. Just open and go with all the equipment and step-by-step instruction booklet!



Section 4: Your 8-Week Pantry Build Plan

Add 5–10 items a week and you'll have
a full pantry in 2 months

Week 1: Core baking: flour, sugar, salt, baking powder, bicarb, vanilla

Week 2: Grains & pasta: rice, maize meal, pasta (2 shapes), oats

Week 3: Tins: chopped tomatoes ×4, tomato paste, chickpeas, kidney beans

Week 4: SA heroes: rooibos tea, chutney or jam, braai spice, coriander & cumin

Week 5: Sauces & oils: sunflower oil, olive oil, soy sauce, Worcestershire, vinegar

Week 6: More tins & extras: coconut milk, lentils, sweetcorn, long-life milk or cream

Week 7: Preserving kit: jars, funnel, grip, labels – and make your first preserve!

Week 8: Fill the gaps: check what you've used, restock, and add one SA local item

Pro tip: After Week 8, you're in maintenance mode. Just add 2–3 items to your weekly shop to keep your pantry rotating and fully stocked.



Section 5: Pantry Notes & Organisation

Use this space to plan your zones and track what you need

My pantry zones:

(e.g. Baking corner · Spice shelf · Preserves row · Tins & cans · Grains & pasta)

Zone 1: _____

Zone 2: _____

Zone 3: _____

Zone 4: _____

Zone 5: _____

Zone 6: _____

Currently out of / need to restock:

- Bought
- Bought
- Bought
- Bought
- Bought
- Bought
- Bought
- Bought

Want to go deeper?

Follow our pantry inspiration on Pinterest · Join our Preserving Course · Shop the Funnels & Grips Kit

Happy stocking!

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