

Healthy Pantry

Building healthy meals at home can be simplified once we have the right components at home. A little bit of prep can cut down our time in the kitchen and turn cooking meals from scratch into a simple assembling of delicious ingredients. A balanced pantry will contain:

1. Naturally Shelf-Stable Foods



2. Whole-Grains



3. Vegetables



4. Dried Herbs & Spices + Citrus Fruits



5. Canned Foods



6. Fresh Herbs



7. Olive Oil / Vinegar / Nut Butters



8. Shelf-Stable Milk / Milk Alternatives



9. Jarred Sauces / Stock / Flavor Enhancers



10. Something Sweet

