

COOKSMARTS

# YOUR PANTRY ESSENTIALS GUIDE

Keeping your pantry stocked with the basics means you'll never be far from a simple, healthy meal. Once you have a pantry equipped with these versatile essentials, you'll also experience a simplified weekly grocery shopping trip, purchasing mostly fresh items alongside some pantry replenishments



Grains



Pastas



Nuts



Legumes



Seeds



Flours



Canned Fish



Basic Bases



Oils



Vinegars



Condiments



Ethnic Bases



Salts



Sweeteners



Spices