

# Pantry 2020 basics



Check out these basics for our 2020 pantry. When you're stocking *your* pantry, take note of storage and best-before dates. Nuts and certain whole grains are higher in fat and are best stored at 50 to 70 F (10 to 20 C) in a clean, dark cupboard. For longer storage, refrigerate or freeze.

Fat	EXAMPLES	Savoury	EXAMPLES
assorted oils	extra-virgin olive oil; flaxseed, grapeseed, coconut, camelina, and some flavoured oils; toasted sesame oil	assorted salts	flaked, Himalayan, Hawaiian black lava salt, Celtic sea salt, kosher salt
nut/seed butters*	tahini, peanut, almond, sunflower seed, hazelnut, pumpkin seed	dried herbs/spices	
nuts/seeds	almonds, peanuts, Brazil nuts, cashews, sunflower seeds, pumpkin seeds, sesame seeds, walnuts, hazelnuts; macadamia nuts, pine nuts	miso paste*	
coconut milk / cream		gluten-free low-sodium tamari soy sauce	
ACID		gluten-free Worcestershire sauce	
lemon juice*		coconut aminos	
lime juice*		nutritional yeast	
vinegars	rice, red wine, white wine, balsamic, sherry, apple cider	Dijon mustard*	
SWEET		jarred olives*	
dried fruits	dates, figs, raisins, cranberries, apricots, prunes	DRIED GOODS	
candied ginger		assorted rice	brown, red, black, jasmine, wild
maple syrup*		canned goods	chickpeas, lentils, black beans, cannellini beans, tomatoes, roasted red peppers
coconut/raw sugar		assorted pastas	semolina, gluten-free
demerara sugar		grains	quinoa, couscous, millet, farro, spelt, sorghum, Kamut, barley
		roots	onions, potatoes, squash, beets, garlic

\*These items may require refrigeration.