

# Pantry Staples

## 1. Olive or canola oil

These oils are great for cooking and baking.

## 2. Nuts and seeds (or nut/seed butters)

Nuts and seeds are sources of healthy fats like omega-3s. They are great for snacks.

## 3. Whole grains (pasta and rice)

These sources of carbohydrates will help keep you full.

## 4. Canned or jarred beans, vegetables and fruit

These are easy to keep on hand for use in lots of different recipes

## 5. Stocks, vinegars, and spices

These add lots of flavor to your meals. Make sure you go for low-sodium options

## Check out these resources:

<https://www.budgetbytes.com/stock-kitchen-pantry-staples/>

<https://www.outofmilk.com/ideas/college-grocery-list-pantry-essentials/>

<https://fullthymestudent.com/how-to-stock-a-kitchen-pantry-a-basic-list/>

