

# SUM FARM

Farm Fresh. Desert Grown.

## Freezer & Pantry Basics

What to keep on hand to make everyday meals easier.

### Freezer Basics — Staples for Busy Weeks

- ☐ Proteins (meat, poultry, seafood, or plant-based)
- ☐ Broth or stock
- ☐ Frozen vegetables
- ☐ Ready-to-heat meals or leftovers
- ☐ Pre-portioned ingredients (chopped onions, cooked grains, etc.)
- ☐ Bread or baked goods
- ☐ Breakfast items
- ☐ Sauces or meal starters

### Pantry Basics — Everyday Cooking Staples

- ☐ Grains & starches
- ☐ Canned goods
- ☐ Oils & fats
- ☐ Baking basics
- ☐ Spices & seasonings
- ☐ Sweeteners
- ☐ Shelf-stable snacks
- ☐ Condiments & flavor boosters

### Extras That Make Life Easier

- ☐ Freezer bags or storage containers
- ☐ Labels or markers
- ☐ Simple meal planning notes
- ☐ A short list of go-to meals
- ☐ A running grocery restock list

Simple systems beat perfect plans. Stock what your household *actually* uses. | **Sum Farm Pantry**