

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