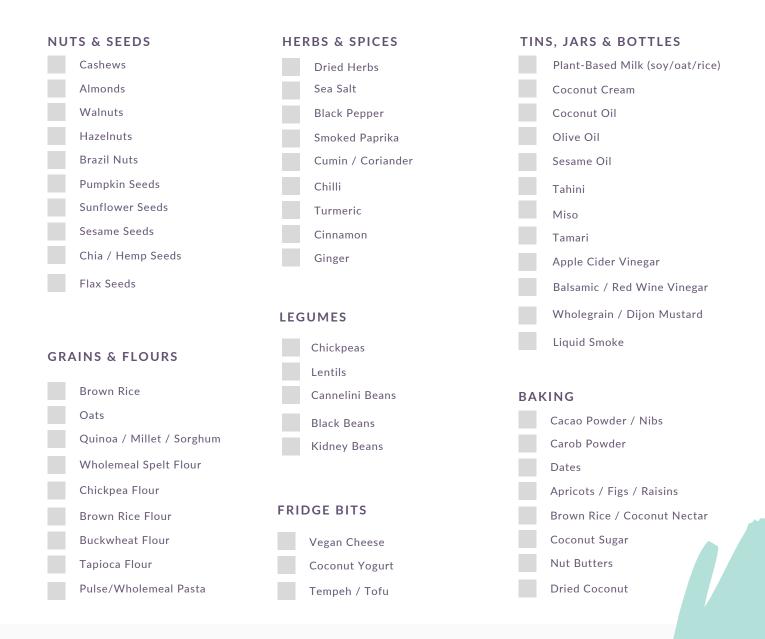
Pantry Staples



FRUIT & VEGGIES

I try to use local in-season fruit and vege as much as possible. They're not only higher in nutrients, they're lower in carbon miles, and cheaper too. This will also encourage you to break out of your lettuce-tomato-cucumber salad fold (it did for me). Outside of local seasonal produce, I always have garlic, onions, ginger, lemons, limes, bananas, and fresh herbs on hand.

BULK FOODS

I recommend buying all your non-perishable pantry goodies in bulk. It works out cheaper, means less shopping trips for you, and is much better for the environment (less packaging). Find a local bulk foods store where you can refill your own jars = ideal.

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