

MODULE 2: SHOPPING & STORAGE | TRANSCRIPT

LESSON 4

Stock the Fridge & Freezer

Keeping the fridge and freezer stocked makes good food cooking a breeze. This list is simply a template—pick and choose what sounds good to you.

Frozen fruit

We'll discuss fresh fruit storage a bit more soon, but stocking the freezer with already-frozen fruits like berries, mango, and cherries is very helpful for making compotes, desserts, sauces, warm cereals, and more.

How to store:

Freezer: store in an airtight, freezer-safe bag or container for 1–3 months. To keep out freezer burn, press out excess air and use binder clips and rubber bands to secure open bags without re-sealable closures.

Frozen veggies

We'll discuss fresh veggie storage in a bit, but stocking the freezer with already-frozen veggies like peas, broccoli, greens, and asparagus is very helpful for making quick stir-fries, soups and stews, scrambles, and more.

How to store:

Freezer: store in an airtight, freezer-safe bag or container for 1–3 months. To keep out freezer burn, press out excess air and use binder clips and rubber bands to secure open bags without re-sealable closures.

Nut & seed milks

For making creamy meals and quick sauces throughout the week, keep some refrigerated milks like almond, macadamia, or cashew on hand. Throw a few cans of coconut milk in the pantry (and then the fridge once opened) to use as rich, dairy-free cream. Unless you know exactly how you'll be using your milks all week, opt for unsweetened and unflavored so you can have more control in the cooking process.

How to store:

Except for unopened cans of coconut milk, store your milks in the fridge, not the freezer. Adhere to the manufacturer's storage recommendations on the container for store-bought milks. For homemade milks, store in a glass, airtight container or jar for up to 2 weeks. Shake before using—separation is normal, and a good indicator of a junk-free “milk,” because fresh-made milk doesn't have preservatives or emulsifiers in the mix. Chill cans of coconut milk if you want a quick dairy-free cream.

Staple dressings & sauces

Dressings and sauces are easy to whip up fresh before a meal, but if you want to stay prepared, keep a few batches of delicious staples like ranch, goddess and/or honey mustard dressing, and comforting veggie cream, pesto, tomato and/or Asian stir fry sauce in the fridge for quick meals throughout the week. All of these (dressings too!) work well tossed with noodles, roasted or steamed veggies, and rice, or use them for dips. Just top, mix, heat up if necessary, and done.

How to store:

Fridge: for best flavor, store in an airtight glass container or jar for 1–2 weeks.

Freezer: store the batch or make single-serve portions by freezing into ice cube trays if you like, but as soon as it's frozen, transfer to an airtight freezer-safe container to store for 1–2 months.

Staple condiments

To get creative with quick meals throughout the week, always keep certain condiments on hand. Good ones are: soy sauce (for our sensitive friends: tamari is gluten-free or coconut aminos are soy- and gluten-free), miso (go soy-free with chickpea or brown rice varieties), curry paste, stone-ground mustard, BBQ sauce, ketchup, and/or hot sauce (like Sriracha).

How to store:

Keep condiments in the fridge, not freezer, and adhere to the manufacturer's dates on the jar. Most condiments will last for 1–4 months at least.

Tortillas & wraps

Keep a pack or two of store-bought or fresh-made tortillas in the fridge or freezer for easy go-to meals. You can easily chop and bake tortillas and wraps for chips, or use them to fold up roasted veggies, leftovers, rice, and legumes with some of the staple sauces and condiments you have in the fridge, too. Have you ever had a peanut butter taco? Slather peanut butter on a warm tortilla, and some jam or honey for good measure, roll up and it's snack time!

How to store:

Fridge: check the manufacturer's dates on store-bought varieties, and homemade tortillas will last for 1–2 weeks. Just steam or warm to soften.

Freezer: store in an airtight, freezer-safe bag or container for 1–3 months. Just thaw, steam, or warm to soften.

Lesson Actions

Share with friends, family, or the course community what you've stocked up on and why.

Is there anything new you're going to add to the pantry?

Any new tricks you learned here that you'd like to try?

Write it down in your cooking journal, and make sure to mention why you'll be trying these new things.