# GLUTEN FREE SOCIETY

Presents...

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## A HEALTHY, GLUTEN FREE PANTRY

How to stock for good health.

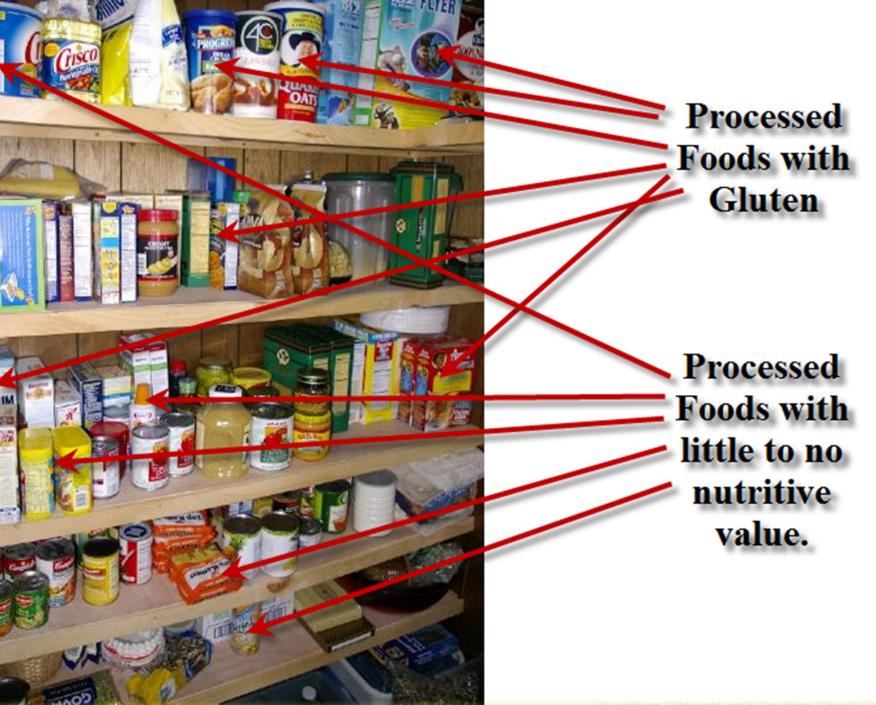
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## **Pantry Perspective**

The pantry is designed to stock and store food for later use

It is not designed to store convenient, processed boxed foods with little to no nutritional value

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## What to Store

- Select items with minimal processing that can be used as reserve food.
- It is possible to can your own foods using a pressure cooker and mason jars.
  - This is often times a healthier alternative to store bought canned items.

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#### Avoid Stocking These

- Lard or hydrogenated cooking oils
- Cereals, breads, and pastas
- Processed or artificial sugars and sweeteners
- Bottled spices with added sugar and MSG
- Processed bottled salad dressings
- Processed snack chips and microwave popcorn

#### Stock Plenty of These

- Cold or expeller pressed organic oils (Extra virgin olive, coconut, sesame, grape seed, etc)
- Dried beans, lentils, nuts, and seeds
- Raw organic honey
- Dried organic spices
- Organic Balsamic vinegar
- Dehydrate your own fruit chips and jerkies

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## Let's Tour An Actual Pantry... Play Part 2 now



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