

STOCKING YOUR PANTRY

A well-stocked pantry can help you create meals in a hurry—no need to run back out to the store. This ingredient list is a great place to start to create quick and healthy meals!

Baking Products

Have flour, sugar, baking soda, and baking powder on hand. They are basic ingredients for many fresh baked goods

Canned Beans and Fish

Add beans like kidney, black, pinto, or lima to salads and soups. Or, serve as side dishes or add to a main dish. Use canned tuna and salmon to add protein to salads, casseroles, and pasta.

Canned Fruits and Vegetables

Canned produce like pineapple, applesauce, corn, and green beans make quick and easy side dishes or snacks on their own. Or, use as an ingredient to stretch main dishes.

Oil

Canola and olive oils are nutritious choices when cooking or making dressings. Cooking spray keeps food from sticking to the pan.

Canned Tomato Products

Keep canned tomato sauce and whole, diced, or pureed tomatoes on hand. They are basic ingredients in a wide range of recipes.

Cereals

Stock up on whole grain cereals when they're on sale. Enjoy with fruit and milk. Or, use to make trail mixes, baked goods, or crispy coatings for meat, poultry, and fish.

Canned or Powdered Milk

Canned low-fat evaporated and dry powdered milk keep longer than fresh. Prepare them according to the package directions. Use in recipes instead of fresh milk.

Vinegar

Keep apple cider, red wine, rice, or balsamic vinegars on hand for homemade salad dressings and marinades.



Pasta and Rice

Buy whole wheat pasta and brown rice on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests.

Dried Fruit and Nuts

Use as a snack on their own or in homemade trail mix. Add to cereals, baked goods, and yogurt for a snack or breakfast.

Dried Herbs

Buy the dried herbs and spices you use often. Use to add flavor in place of extra salt.