



Food staples to keep in your pantry

Keeping basic items in your pantry will ensure that you will always be prepared to cook a healthy and delicious meal. If you can't shop for them all right away, add one or two items to your shopping list each week. Be sure to restock them as you use them!

Canned Good

Canned fish (salmon or tuna)
Canned stewed tomatoes (NO SALT)
Canned whole cooked beans (NO SALT)
Condensed milk
Chicken broth (NO SALT)
Vegetable broth (NO SALT)
Canned Soups (LOW-SALT)
Tomato Paste

Grains

Long grain brown rice
Quick rolled oats
Whole wheat pastry flour
Whole wheat pasta
Whole Wheat Crackers
High Protein Cereal

Spices

Garlic powder
Turmeric
Onion powder
Ginger powder
Cayenne pepper
Oregano
Cinnamon
Thyme
Basil
Sea Salt
Baking Soda
Baking Powder
Brown Sugar
Olive Oil

Extras

Bottled Water
100% Fruit (Preserves or Jam)
Nut Butter (Almond or Peanut)
Dried Fruit (Raisins, cranberry, apricots)
Sunflower seeds
Whole Wheat Crackers
Honey

Frozen

Mixed vegetables
Mixed Fruit
Turkey Patties
Loaf of Whole Wheat Bread
Fish

