

Make Mealtime Easy

Pantry Stocking List

It doesn't matter if you are eating breakfast, lunch, dinner or a snack. If your kitchen is stocked with a healthy balance of convenient products, you can quickly assemble a satisfying, nutrient-rich meal. Below is our pantry stocking list with simple meal assembly ideas:

Grocery

- canned vegetables – tomatoes, corn, peas, carrots, green beans, beets (lower sodium and sodium free options are available)
- canned beans – black, cannellini, garbanzo, great northern, pinto
- canned fruit packed in water or 100% juice – pears, pineapple, peaches, mandarin oranges
- dried fruit – raisins, cherries, apricots
- nuts and seeds – peanuts, walnuts, pecan, almonds, sunflower seeds
- whole-grain crackers
- whole-grain pasta
- flavored whole-grain mixes such as couscous and quinoa
- instant brown rice
- whole-grain hot and cold cereals
- reduced sodium canned or boxed broth and recipe-ready soups
- jarred salsa and pasta sauce
- canned or pouch-packed meats like tuna, salmon or chicken
- marinades and sauces – teriyaki, lemon pepper, garlic & herb, mesquite, barbecue
- herbs and spices
- vinegars – balsamic, red or white wine, cider, rice
- reduced-fat mayonnaise
- canola and olive oil

Dairy

- milk
- yogurt
- cheese – shredded, parmesan, slices, cottage
- eggs
- butter/spreads

Fresh Produce

- apples, bananas, oranges, berries, peaches, grapes, etc.
- potatoes, onions
- peppers, carrots, broccoli
- celery, cucumbers, tomatoes
- packaged salads
- chopped garlic, fresh herbs

Fresh Meat, Poultry and Seafood

- lean beef – ground, steaks, roasts
- chicken – boneless breasts, parts and tenders
- ground turkey – lean
- pork – chops, tenderloin, roast
- fish fillets – salmon, tilapia, etc.

Freezer

- frozen vegetables and fruit
- frozen potatoes
- meatless burgers
- boneless, skinless chicken breasts or breast tenders
- fish fillets and shrimp
- better-for-you frozen entrees (simple ingredient lists, whole-grains, vegetables)
- frozen pasta (tortellini or ravioli)
- whole-grain waffles or pancakes
- vegetable or cheese pizzas – can add your own toppings