

Pantry Essentials

STAPLES CHECK LIST

- 1. RICE - A STAPLE THAT CAN BE USED AS A SIDE DISH OR BASE FOR VARIOUS MEALS.
- 2. BEANS (CANNED OR DRIED) - HIGH IN PROTEIN AND FIBER, USEFUL FOR SALADS, SOUPS, AND MAIN DISHES.
- 3. PASTA - QUICK AND EASY FOR A VARIETY OF DISHES FROM ITALIAN TO ASIAN.
- 4. CANNED TOMATOES - FOR SAUCES, STEWS, AND SOUPS.
- 5. OATS - FOR BREAKFASTS OR BAKING, VERY FILLING AND HEALTHY.
- 6. LENTILS - CHEAP, NUTRITIOUS, AND VERSATILE FOR MANY DISHES.
- 7. FLOUR - FOR BAKING BREAD, THICKENING SAUCES, OR MAKING HOMEMADE PASTRIES.
- 8. SUGAR - ESSENTIAL FOR BAKING AND ADDING TO BEVERAGES.
- 9. OIL (OLIVE OR VEGETABLE) - NECESSARY FOR COOKING AND DRESSINGS.
- 10. SPICES (SALT, PEPPER, BASIC SEASONINGS) - TO ENHANCE FLAVOR IN ANY DISH.

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REFRIGERATOR BASICS CHECK LIST

- 1. EGGS - HIGH IN PROTEIN AND CAN BE USED IN NUMEROUS RECIPES.
- 2. MILK - FOR DRINKING, CEREALS, OR COOKING.
- 3. BUTTER - ADDS FLAVOR TO DISHES AND IS ESSENTIAL FOR BAKING.
- 4. CHEESE - FOR SANDWICHES, TOPPING DISHES, OR AS A SNACK.
- 5. YOGURT - GREAT FOR BREAKFASTS OR SNACKS; CHOOSE PLAIN FOR VERSATILITY.

PROTEIN CHOICES

- 1. CHICKEN BREASTS - OFTEN AVAILABLE IN BULK AND CAN BE FROZEN.
- 2. GROUND TURKEY OR BEEF - FOR BURGERS, MEATBALLS, OR MIXED WITH PASTA.
- 3. TOFU - A COST-EFFECTIVE PROTEIN SOURCE FOR VEGETARIAN DISHES.

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FRESH PRODUCE CHECK LIST

- 1. CARROTS - DURABLE, HEALTHY, AND CAN BE USED IN SNACKS AND MEALS.
- 2. ONIONS - FOUNDATION FOR FLAVOR IN MANY COOKED DISHES.
- 3. POTATOES - FILLING, AND CAN BE COOKED IN MANY DIFFERENT WAYS.
- 4. GREENS (SPINACH OR KALE) - FOR SALADS, SANDWICHES, OR SAUTÉED AS A SIDE.
- 5. SEASONAL FRUITS - FOR SNACKING OR DESSERTS; CHOOSE WHATEVER IS ON SALE.

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FROZEN GOODS & SNACKS CHECK LIST

FROZEN GOODS

- 1. FROZEN VEGETABLES - TO THROW INTO STIR-FRIES, SOUPS, OR AS SIDES.
- 2. FROZEN BERRIES - FOR SMOOTHIES OR OATMEAL.
- 3. FROZEN PIZZA - FOR A QUICK MEAL ON BUSY NIGHTS.

SNACKS

- 1. PEANUT BUTTER - FILLING AND VERSATILE FOR SNACKS OR MEALS.
- 2. CRACKERS - FOR SNACKING OR WITH MEALS.
- 3. POPCORN KERNELS - A CHEAP SNACK WHEN POPPED AT HOME.