

How to Stock Your Pantry



Section of the Pantry

	Dairy	Grains	Proteins	Fruits	Vegetables	Meals, Soups, Entrees	Snacks	Pantry Staples
Items to stock:	Shelf stable: boxed, dry, evaporated milks.	Breakfast: cereals, oatmeal, bagels, muffins, pancake mix	Meat: lean chicken, beef, pork, eggs, fish, canned fish and meat.	Canned: peaches, pears, oranges, mixed fruit, etc.	Canned: olives, tomato products, potatoes, beets, pumpkin, etc.	These are items that have multiple food groups.	Snacks: cookies, crackers, popcorn, chips, granola bars, chips, etc	Flour, cornmeal, sugar
	Plant Based Milks: almond and soy.	Lunch/Dinner: pita, tortillas, rice, pasta, quinoa, bread, barley	Non-meat: dried beans and lentils, peas, nut butter, nuts, seeds, etc.	Fresh: Seasonal Fruit	Fresh: Seasonal Vegetables	Canned: soups, broth, chili, pasta entrees, sloppy joe		Herbs, spices, seasoning mixes, marinades
	1% or fat free milk, cheese, yogurt, sour cream, ice cream.	Aim for ½ of your stock to be whole grains		Frozen: berries, tropical fruit, peaches, etc.	Frozen: corn, greens, mixed vegetables, stir fry mix, squash, etc.	Boxed: ready to heat entrees, ramen noodles, Hamburger Helper, mac n cheese		Breadcrumbs, Sauces, condiments, Coating / Batters like Shake and Bake
	Promote low fat, low sodium, and limited sugar options!	Promote whole grains and limit added sugar and fat.	Promote lean and non-meat proteins and limit cured meats!	Promote fresh, frozen, dried, and canned in 100% juice or water!	Promote vegetables with little/no sodium added!	Promote whole grain, low sodium meals when possible!	Promote whole grains, low sodium, low sugar, & low fat when possible!	Promote low sodium staples or using smaller amounts of the packets
Tips:	Tip: Greek yogurt is full of protein!	Tip: Whole grains help you stay full longer, control your blood sugar, and lower cholesterol!	Tip: Remove skin and fat, choose meatless options, and flavor with	Tip: Pair dried fruit with nuts to control blood sugar!	Tip: Drain, rinse, and flavor with herbs and spices!	Tip: Add canned vegetables to create a substantial meal!	Tip: Sort by product type, whole grain, and low sugar	Tip: Encourage clients to make their own seasoning blends without salt