

How to Stock Your Wellness 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	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.	Items that have multiple food groups.	Snacks: cookies, crackers, popcorn, chips, granola bars, chips, etc	Flour, cornmeal, sugar, breadcrumbs
	Plant Based Milks like almond and soy	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
	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		Oil, vinegar, marinades, sauces, condiments
Promote:	Promote low fat 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, low sugar, and whole grain options.
Tips:	Tip: Greek yogurt is full of protein!	Tip: Aim for ½ of grain choices to be whole grains to help to feel full longer & control blood	Tip: Remove skin and fat, choose meatless options, and flavor with herbs and spices!	Tip: Pair fruit with protein like nuts to control blood sugar.	Tip: Drain, rinse, and flavor with herbs and spices.	Tip: Add no salt added 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 and homemade sauces with limited sugar.



WELLNESS PANTRY