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Fact Sheet 1074

Filling Up Your Pantry¹

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Having basic foods in your pantry helps you in the preparation of quick, easy, and nutritious meals. Following is a list of staples that could be used to fill your pantry:

Breads, Cereals, Rice, Pastas

- Whole-grain breakfast cereal
- Hot cereal (oatmeal, farina)
- Whole wheat crackers
- Rice
- Noodles/spaghetti/macaroni

Vegetables

- Instant mashed potatoes
- Canned vegetables* (carrots/peas, mixed vegetables, potatoes, green beans, sweet potatoes, corn)
- Spaghetti sauce*
- Vegetable juice*

* Choose low sodium products

** Choose those packed with no sugar added or in juice



Fruit

- Canned Fruits**
- Dried fruits (raisins, apricots)
- Fruit juices

Dairy Products

- Non fat dried milk or evaporated skim milk
- UHT milk

Meat and Substitutes

- Tuna fish
- Canned chicken chunks
- Canned beef stew
- Baked beans
- Canned beans (kidney, lima, pinto)
- Peanut butter
- Condensed soup* (split peas)

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Other Foods

- Instant pudding mix
- Hot chocolate mix/coffee/tea
- Jam/jelly
- Pancake/muffin mix

Ideas For Creative Meals Using Foods From Your Pantry

Mexican Soup

- canned kidney beans
- prepared chunky salsa
- corn (canned)
- chicken broth (canned)
- macaroni
- red/green peppers
- onion

Pasta Salad

- pasta or macaroni
- light Italian dressing
- vegetables (canned or frozen)
- canned tuna packed in water
- cooking vegetable oil

Bean Stew with Rice

- canned beans (black beans, kidney beans, pinto beans)
- stewed tomatoes
- onion
- garlic
- chili pepper
- cooking vegetable oil
- cooked rice

Here is an idea for using staples from your pantry or leftover food.

Main Dish Casserole

- 1 cup protein food (tuna, chicken or ham chunks, beans, eggs, cheese)
- 2 cups cooked starchy food (rice or pasta)
- 2 cups vegetables, canned or frozen (tomatoes, corn, mixed vegetables)
- Sauce to moisten (tomato sauce, canned cream soups, gravy, white sauce)
- Seasoning to taste
- Crunchy topping (crushed cereal, bread crumbs, cracker crumbs)
- Bake at 350° for 20-30 minutes.

Simple Food Combinations

- Cereal with fruit and milk or yogurt
- Crackers with tuna or peanut butter or cheese
- Chicken and spaghetti sauce over rice or pasta
- Fruit shakes (fruit with milk or frozen yogurt)

