

Simple Pantry Essentials for Challenging Times

Self-stable pantry items that can be put together to make a balanced meal

Fruit

- Applesauce and other fruit purees
- Canned fruit in water or juice
- Dried fruit (apricots, cranberries, dates, mangoes, raisin)
- Apples
- Oranges



Vegetables

- Canned:* green beans, carrots, peas, diced tomatoes, tomato paste, pumpkin puree, etc.
 - Canned vegetable-based soups and chilies*
 - Dried: garlic, onions, peppers, sun-dried tomatoes
 - Frozen: asparagus, broccoli, cauliflower, green beans, etc.
 - Jarred tomato sauce*
 - Fresh: potatoes, onions, sweet potatoes, carrots, squash, mushrooms
- *low-sodium if possible



Protein

- Hummus
- Chicken or turkey, canned or in a pouch
- Tuna or salmon, canned or in a pouch
- Frozen fish, such as shrimp, individually portioned pieces of salmon
- Shelf-stable silken tofu
- Lentils, canned or vacuum-sealed
- Eggs and egg beaters
- Nut/seed butter
- Nuts and seeds
- Trail mix and protein bars
- Dry or canned bean



Grains

- Pastas (regular, whole wheat, flavored, risotto)
- White or Brown rice
- Ancient grains (couscous, quinoa, and faro)
- Oats
- Instant oatmeal packets/cups
- Crackers (whole wheat, seed)
- Cereals (healthier with no to limited sugar added)
- Grain bars



Dairy

- Shelf-stable boxes of milk
(shelf-stable varieties are available for regular and non-dairy milk)
- Powdered milk



Healthy Fats

- Olive oil
- Avocado oil
- Flax seeds
- Chia seeds



Beverages

- Water (if you're unable to or prefer not to drink tap)
- Zero sugar electrolyte drinks
- Canned or boxed low-sodium broth



Meal Replacement

- Pre-made protein-shakes or meal- replacement shakes

