

Pantry Planning

It's helpful to keep some staples on hand in case of unforeseen circumstances.

These foods are good to have on hand if you cannot get to the grocery store for a couple of weeks.

You do not need to buy all of these items at once and you should not buy foods that you will not use.

<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • Potatoes • Sweet potatoes • Carrots • Onions • Turnip/rutabaga • Winter squash • Canned vegetables (corn, tomatoes, mushrooms, carrots, peas, etc) • Shelf-stable soups • Tomato sauce • Tomato paste • Canned fruit (peaches, pineapple, mandarin oranges, etc) • Applesauce 	<ul style="list-style-type: none"> • Stock vegetables and fruits that won't spoil quickly • Fresh, frozen or canned vegetables and fruits can all be healthy options • Choose frozen vegetables and fruits without: <ul style="list-style-type: none"> ○ added sugars ○ added seasonings ○ breading or rich sauces • You can add frozen vegetables and fruits to soup or chili • Choose canned vegetables with little to no added sodium • Drain and rinse canned vegetables to lower the sodium content • Choose canned fruit with little to no added sugars
<p>Grains</p> <ul style="list-style-type: none"> • Pasta • Rice • Oatmeal • Quinoa • Barley • Bulgur • Cereal • Crackers • Bread products that freeze well 	<ul style="list-style-type: none"> • Whole grain foods have more fibre than refined grains • Choose grain foods that are lower in salt and sugar
<p>Protein Foods</p> <ul style="list-style-type: none"> • Dried or canned beans, peas, and lentils • Nuts • Seeds • Frozen meats and poultry • Frozen or canned fish • Shellfish • Eggs • Milk • Powdered milk • Yogurt • Cheese 	<ul style="list-style-type: none"> • Stock plant proteins like beans, peas, lentils, nuts, and seeds since they don't spoil quickly • Choose canned or packaged foods with little to no added sodium • Drain and rinse canned beans, peas, and lentils to lower the sodium content • Keep extra meat, poultry, and fish in the freezer
<p>Other Items</p> <ul style="list-style-type: none"> • Infant cereal • Formula 	<ul style="list-style-type: none"> • Even if you are breastfeeding, it can be helpful to have formula on hand in case you are not able to breastfeed for some reason