

How to Stock Your Wellness Pantry

Section of the Pantry

	Dairy	Grains	Proteins	Fruits	Vegetables	Meals	Snacks
Items to stock:	Shelf stable: boxed, dry, and evaporated milks.	Breakfast: cereals, oatmeal, bread, granola bars, bagels, etc.	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, etc.
	Plant Based Milks: almond and soy.	Lunch/Dinner: pita, tortillas, rice, pasta, quinoa, etc.	Non-meat: dried beans and lentils, peas, nut butter, nuts,	Fresh: Seasonal Fruit	Fresh: Seasonal Vegetables	Canned: soups, broth, chili, pasta entrees	
	Other: cheese, yogurt, sour cream, ice cream.	Other: flour, cornmeal		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	
Promote:	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 grain, low sodium, low sugar items when possible!
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 herbs and spices!	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!	

