# How to Stock Your Wellness Pantry

## Section of the Pantry

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Grains</th>
<th>Proteins</th>
<th>Fruits</th>
<th>Vegetables</th>
<th>Meals</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Items to stock:</strong></td>
<td><strong>Breakfast:</strong> cereals, oatmeal, bread, granola bars, bagels, etc.</td>
<td><strong>Meat:</strong> lean chicken, beef, pork, eggs, fish, canned fish and meat.</td>
<td><strong>Canned:</strong> peaches, pears, oranges, mixed fruit, etc.</td>
<td><strong>Canned:</strong> olives, tomato products, potatoes, beets, pumpkin, etc.</td>
<td><strong>These are items that have multiple food groups.</strong></td>
<td><strong>Snacks:</strong> cookies, crackers, popcorn, chips, etc.</td>
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<tr>
<td><strong>Shelf stable:</strong> boxed, dry, and evaporated milks.</td>
<td><strong>Lunch/Dinner:</strong> pita, tortillas, rice, pasta, quinoa, etc.</td>
<td><strong>Non-meat:</strong> dried beans and lentils, peas, nut butter, nuts,</td>
<td><strong>Fresh:</strong> Seasonal Fruit</td>
<td><strong>Fresh:</strong> Seasonal Vegetables</td>
<td><strong>Canned:</strong> soups, broth, chili, pasta entrees</td>
<td><strong>Other:</strong> flour, cornmeal</td>
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<tr>
<td><strong>Plant Based Milks:</strong> almond and soy.</td>
<td><strong>Other:</strong> cheese, yogurt, sour cream, ice cream.</td>
<td><strong>Other:</strong> flour, cornmeal</td>
<td><strong>Frozen:</strong> berries, tropical fruit, peaches, etc.</td>
<td><strong>Frozen:</strong> corn, greens, mixed vegetables, stir fry mix, squash, etc.</td>
<td><strong>Boxed:</strong> ready to heat entrees, ramen noodles, Hamburger Helper, mac n cheese</td>
<td></td>
</tr>
</tbody>
</table>

## Promote:

- Low fat, low sodium, and limited sugar options!
- Whole grains and limit added sugar and fat.
- Lean and non-meat proteins and limit cured meats!
- Fresh, frozen, dried, and canned in 100% juice or water!
- Whole grain, low sodium meals when possible!
- Whole grain, low sodium, low sugar items when possible!

## Tips:

- Greek yogurt is full of protein!
- Whole grains help you stay full longer, control your blood sugar, and lower cholesterol!
- Remove skin and fat, choose meatless options, and flavor with herbs and spices!
- Pair dried fruit with nuts to control blood sugar!
- Drain, rinse, and flavor with herbs and spices!
- Add canned vegetables to create a substantial meal!

## Wellness Pantry

[Lowcountry Food Bank]