

CREATE

GOOD FOODS TO HAVE ON HAND

When you have most of these nutritious foods in the house, you will be amazed at what you can create in no time flat!

Grains

- Whole grains - oatmeal, barley, bulgur, brown rice, quinoa, cornmeal, popcorn, etc.
- 100% whole-wheat bread, tortillas, bagels, muffins, etc.
- Whole grain crackers
- Rice cakes
- Whole grain cold cereal

Fruits

- Fresh fruits in season - apple, orange, grape, banana, pear, strawberry, blueberry, raspberry, kiwi, melon, peach, plum, pineapple, etc.
- Frozen and/or canned fruit - berry, peach, pear, pineapple, mandarin orange, etc.
- Raisins, other dried fruits
- All fruit jams
- Juice - white and/or purple grape, orange, apple, pineapple, etc.

Vegetables

- Fresh vegetables in season - potato, sweet potato, summer squash, winter squash, broccoli, cauliflower, carrot, celery, bell pepper, green bean, corn, tomato, romaine lettuce, spinach, mushroom, avocado, garlic, onion, etc.
- Frozen and/or canned vegetables - green bean, corn, pea, tomato, tomato sauce, tomato paste, etc.
- Vegetable juice

Dairy

- Milk
- Yogurt
- Cottage cheese
- Cheese - Cheddar, mozzarella, swiss, parmesan, etc.

Protein

- Nuts and seeds - dry roasted peanuts, sunflower seeds, almonds, walnuts
- Canned tuna, salmon, chicken, turkey, chili
- Beef
- Chicken
- Fish
- Wild game
- Deli turkey, ham
- Eggs
- Peanut butter
- Canned and/or dried beans - black, pinto, kidney, white, chickpea, etc.

Miscellaneous

- Staples - flour, sugar, brown sugar, powdered sugar, cornstarch, baking soda, baking powder, yeast, mustard, mayonnaise, etc.
- Salsa
- Chicken/beef/vegetable broths or bouillon
- Canned soups - low-fat, low sodium cream of chicken, mushroom, tomato, etc.
- Herbs/Spices - salt, pepper, basil, oregano, parsley, thyme, rosemary, paprika, cumin, chili powder, cinnamon, nutmeg, vanilla, etc.

CREATE

THINGS TO EAT from *Good Foods to Have on Hand*

When you have a well-stocked pantry and fridge you can put these foods together faster and lots cheaper than ordering take-out or going through the drive-thru!

Apple slices and peanut butter

Burrito or Quesadilla

Filled with beans, cheese, veggies, egg, rice, potato, chicken, beef, salsa

Crackers

Topped with cheese, peanut butter, tuna or chicken salad

Green/Pasta/or Potato Salad

Made with fresh or roasted veggies, beans, fruit, raisins, sunflower seeds

Homemade Soup

How about chicken and rice, tortilla, potato, chicken noodle, beef vegetable, minestrone

Oatmeal

With walnuts, raisins, milk

Omelet or Frittata

Filled with eggs, potatoes, cheese, peppers, mushrooms, onion, garlic, tomato, avocado, canned beans, salsa

Potato Bar

Made with baked potato, chili, cheese, broccoli, cottage cheese

Sandwiches or Wraps

Filled with turkey or ham with cheese, lettuce and tomato, tuna with celery, diced apple and walnuts, egg salad with lettuce, peanut butter and jelly, grilled cheese

Smoothie

Made with yogurt, milk, fruit, spinach, kale

Stir-fry

Made with chicken, pork, or tofu, lots of veggies, brown rice

Trail mix

Cereal, sunflower seeds, peanuts, raisins, dried fruits

Whole grain pancakes or waffles

Yogurt

Mixed with cereal, fruit, cottage cheese

The possibilities are limited only by your imagination!

For information on how to order printable versions of this handout, go to extension.usu.edu

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