A WELL-STOCKED KITCHEN FOR PRESENTOR

Having some basic foods on hand as part of a well stocked pantry, refrigerator, and freezer can mean the difference between stress and chaos, or peace and enjoyment at mealtime.

Each person will have their own ideas of what items would be important to have while stocking their pantry, fridge, and freezer, but this list is a start to the process. Personal preference, skill, and interest will play a part in what you find helpful.

Suggestions for Foods in:

A WELL STOCKED PANTRY

- Baking powder and baking soda
- Brown rice
- Brown sugar
- Canned beans...different varieties
- Canned fruits
- Canned soups
- Canned tuna or chicken
- Canned veggies...including tomatoes, green beans, and corn
- Chicken or beef bouillon
- Chocolate chips
- Cocoa powder
- Corn meal
- Corn starch
- Diced green chilies
- Dried beans...pinto, black, etc.
- Evaporated milk
- Flour, including some whole wheat flour
- Honey
- Key spices...chili powder, cinnamon, garlic powder, Italian seasoning, curry powder, salt, pepper, ginger
- Lentils...green split peas, etc.
- Oatmeal
- Olive oil
- Onions
- Pasta variety
- Peanut butter
- Potatoes
- Raisins
- Salsa
- Sugar
- Vanilla extract
- Vegetable oil
- Vinegar
- Yeast

A WELL STOCKED FRIDGE

- BBQ sauce
- Butter or margarine
- Buttermilk
- Cheese
- Condiments...mayo, mustard, ketchup
- Cottage cheese
- Eggs
- Fresh produce...carrots, celery, lettuce, bell peppers, and fruit
- Jams or jellies
- Milk
- Parmesan cheese
- Pancake syrup
- Pickles
- Salad dressings
- Sandwich meats
- Sour cream
- Tortillas
- Yogurt

A WELL STOCKED FREEZER

- Chicken
- Frozen bananas
- Frozen berries
- Frozen veggies...corn, broccoli, peas, mixed veggies
- Ground beef
- Hash browns
- Leftovers...chili, spaghetti sauce, soup, etc.
- Meals ahead
- Nuts or seeds
- Orange juice concentrate, or other frozen fruit juices

EXTENSION UtahStateUniversity FOOD $ENSE

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

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