

# 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.

# 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!*

