Good Foods to Have on Hand

# When you have healthy foods in the house, you will be amazed at what you can create in no time flat!

## Grains

1. Whole grains- oatmeal, barley, bulgur, brown rice, quinoa, cornmeal, popcorn, etc.
2. 100% whole-wheat bread, tortillas, bagels, muffins, etc.
3. Whole grain crackers
4. Rice cakes
5. Whole grain cold cereal

Fruits

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

Vegetables

1. 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.
2. Frozen and/or canned vegetables – green bean, corn, pea, tomato, tomato sauce, tomato paste, etc.
3. Vegetable juice

Dairy

1. Milk
2. Yogurt
3. Cottage cheese
4. Cheese- Cheddar, mozzarella, Swiss, parmesan, etc.

## Protein

1. Nuts and seeds – dry roasted peanuts, sunflower seeds, almonds, walnuts
2. Canned tuna, salmon, chicken, turkey, chili
3. Beef
4. Chicken
5. Fish
6. Wild game
7. Deli turkey, ham
8. Eggs
9. Peanut butter
10. Canned and/or dried beans – black, pinto, kidney, white, chickpea, etc.

Miscellaneous

1. Staples – flour, sugar, brown sugar, powdered sugar, cornstarch, baking soda, baking powder, yeast, mustard, mayonnaise, etc.
2. Salsa
3. Chicken/beef/vegetable broths or bouillon
4. Canned soups – low-fat, low sodium cream of chicken, mushroom, tomato, etc.
5. 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. They are 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
  + Top with cheese, peanut butter, tuna, or chicken salad.
* Green Pasta or Potato Salad
  + Made with fresh or roasted veggies, beans, fruits, raisins, sunflower seeds.
* Homemade Soup
  + Chicken and rice, tortilla, potato, chicken noodle, beef vegetable, minestrone.
* Oatmeal
  + With walnuts, raisins, milk.
* Omelet or Frittata
  + Add 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!

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