Pantry Ingredients

Here is a list of healthy foods to keep on hand. You can make many Food Hero recipes and meals with these ingredients.

Shelf-Stable

Baking powder
Baking soda
Broth or bouillon
Canned beans (examples: kidney, black, white, garbanzo)
Canned evaporated milk
Canned fish (examples: salmon, tuna)
Canned fruit without sugar (examples: applesauce, peaches, pears, pineapple)
Canned meat (examples: chicken, pork)
Canned vegetables (examples: corn, green beans, pumpkin, tomatoes)
Cornstarch
Dried beans and peas (examples: black, kidney, lentils, split peas)
Dry milk
Fruit juice, 100% (can or bottle)
Nuts (examples: almonds, peanuts, walnuts)
Nut butter (examples: almond butter, peanut butter)
Oil (examples: canola, olive, sesame)
Prepared sauces (examples: enchilada sauce, salsa, spaghetti sauce, tomato)
Salt, pepper, spices and herbs (examples: basil, cinnamon, garlic powder)
Sugar (examples: brown, honey, white)
Vinegar (examples: cider, white)
Whole and enriched grains (examples: breads, bulgur, cereal, cornmeal, flour, oatmeal, pasta, popcorn, rice, quinoa, tortillas)

Refrigerator

Cheese (examples: cheddar, cotija, cottage, mozzarella, queso fresco)
Condiments (examples: ketchup, hot sauce, mustard, soy sauce)
Eggs
Lemon or lime juice
Margarine or butter
Milk (dairy or non-dairy)
Salad dressing
Tofu
Yogurt

Freezer

Frozen fruit (examples: berries, peaches)
Frozen vegetables (examples: broccoli, corn, green beans, peas)
Meat, Poultry, Fish (examples: chicken breast, ground beef, salmon)

Fresh Produce
that is longer lasting

Apples
Avocado (buy unripe)
Bananas (freeze when over-ripe)
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Citrus (examples: oranges, grapefruit, lemon, lime)
Mushrooms
Onions
Potatoes (examples: white, yellow, sweet)
Winter squash

Food Hero
FoodHero.org

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