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,

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







quinoa, tortillas)

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