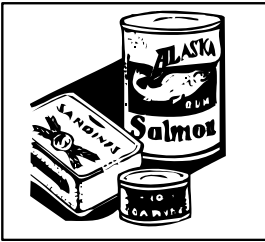


## What to Keep on Hand



With a little planning, it is easy to make meals with what's on hand. Try to keep staples on hand. Staples are things that can store well.

Think about the different food groups in the Pyramid:

### **Fruit**

Apples  
Oranges  
Canned fruit  
Canned fruit juice  
Boxed fruit juice  
Frozen fruit juice (keep frozen)  
Dried fruit

### **Bread, Cereal, Rice, Pasta**

Pasta  
Granola  
Cereal  
Crackers  
Rice cakes  
Cereal bars  
Tortillas (refrigerate)  
Cornmeal  
Grits  
Flour  
Noodle soups  
Pancake mix  
Bread  
Bagels

### **Vegetables**

Potatoes (keep cool)  
Sweet potatoes (keep cool)  
Carrots (refrigerate)  
Turnips (refrigerate)  
Cabbage (refrigerate)  
Onions  
Canned vegetables  
Frozen vegetables  
Vegetable juice  
Vegetable soups  
Spaghetti sauce

### **Extras**

Baking powder  
Cooking oil  
Sugar  
Salt/pepper/spices  
Canned soup

### **Calcium-Rich Foods**

Dry milk  
Canned milk  
Cheese (refrigerate)  
Juice with calcium  
Canned salmon with bones  
Yogurt (refrigerate)  
Canned spinach  
Canned pudding  
Instant breakfast drink

### **Protein Group**

Dry beans and peas  
Canned beans  
Canned chili  
Peanut butter  
Canned tuna  
Canned meat  
Frozen meat, fish, chicken or turkey (keep frozen)  
Eggs (refrigerate)  
Canned stews  
Nuts