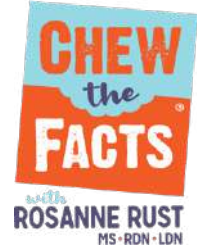


STOCKING YOUR PANTRY



Canned Goods

- Tomatoes (diced, whole, pureed, tomato sauce). These can be used to make tomato sauce, soups or chilis.
- Beans (garbanzo, kidney, black beans, chili beans). These can be cooked with rice, pasta or for soups, chilis and stews.
- Soups. While you can make your own soup with the above ingredients, having a few cans ready to go is convenient.
- Canned meat and fish (tuna, salmon, chicken). These keep for several months and can be used for lunch to make a sandwich, tuna or chicken salad, or in hot dishes.
- Fruit and vegetables. Canned fruits and vegetables are just as nutritious as fresh. They are picked at max ripeness and canned within hours of harvest.

Fresh Food

- Eggs. My mother always told me "Keep 18 eggs on hand", and I pretty much follow that advice. You can create a quick meal with eggs or bake with them. Hard cook a batch and have them ready in the refrigerator for a snack or quick breakfast.
- Dairy. Milk, yogurt, and cheese are great for snacks and in cooking.
- Meat. Buy specials, and freeze for another day. Keep some ready to go frozen chicken (trimmed of fat and skin) or lean ground beef in the freezer.
- Bread, bagels, English muffins. These freeze well, and if used within a few weeks retain their quality.

Frozen Food

- Plain Vegetables. Peas, mixed vegetables, peppers and onions, corn, broccoli or cauliflower, can be used as a side dish or to top pasta or rice stir fries.
- Fish, Shrimp. Fish is a good source of protein and cooks up in 20 minutes. Shrimp can be added, along with frozen broccoli, to pasta or rice for a quick meal.
- Frozen bread or pizza dough.

Shelf Stable

- Flour, sugar, baking powder, salt, yeast. If you have these on hand, you can bake bread, a batch of cookies, or a quick bread.
- Ready to eat cereals, oats, grits. These are a quick breakfast or snack. Fortified with nutrients, they're a good choice that will last a while on the shelf. Grits or cornmeal (polenta) can be cooked for a side dish or meal.
- Powdered milk. If there is a situation where you can't leave the house, it'll be nice to be able to mix up some milk using powdered milk and water. You can use for cooking, cereal, or baking. You can even use it as a protein booster in smoothies.
- Peanut butter, nut butters, jam. A good source of protein, nut butters can be added to oats, sauces, or a good old PBJ sandwich.
- Rice, pasta, barley, lentils. These can serve as the base for all sorts of meals.