






Stocking Your Pantry

A stocked and organized pantry can help save money and help us eat healthy. There's no one right way to stock a pantry – pantries look different for everyone!



How to stock your pantry

-  **Write down your top 5 - 10 recipes and their ingredients.** The repeating ingredients are your staples! For example, if you notice that many of your recipes use chickpeas, sesame oil, or sweet potatoes, then these are your pantry staples!
-  **Use your pantry list to stock up** on these items at the grocery store during sales.
-  **Plan your meals around what you already have** in your pantry and fridge to save money.
-  **Keep MyPlate in mind** when stocking a pantry to make sure you have all the food groups.
-  **Pantry items can be fresh, frozen, canned, or dried.** Keep in mind their expiration or use masking tape to write down and label use-by dates.

Pantry staple ideas

- **Vegetables:** Canned tomatoes, canned/frozen corn, frozen broccoli, frozen spinach, frozen peas, potatoes, sweet potatoes, onions, garlic, ginger
- **Fruits:** Frozen berries, frozen peaches, canned pineapple, dried fruit
- **Protein:** Canned/dried beans, canned tuna, peanut butter, lentils, tofu, eggs
- **Dairy:** Canned coconut milk, shelf stable milk (dairy, oat, soy, etc.)
- **Grains:** Bread, pasta, oatmeal, rice, flours (masa, wheat, or other kinds of flour), cornmeal
- **Other staples:** Oils, vinegars, spices, baking ingredients, tomato sauce, broth

Everyone's pantry varies, so what you keep in yours will be unique to you!

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We meet basic needs, nurture success, and spread change.

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