

Stocking Your Pantry

A stocked and organized pantry can help you save money and eat healthfully. 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 ingredients that repeat are your staples – the items you'll want to keep on hand. For example, if you notice that many of your recipes use chickpeas, sesame oil, or sweet potatoes, these are your pantry staples!



Use your pantry list to stock up on these items at the grocery store during sales.



Pantry items can be fresh, frozen, canned, or dried. Keep their expiration dates in mind, or label them with “use-by date” written on masking tape.

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 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!