## **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!



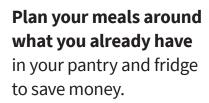
## How to stock your pantry

**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. **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!



