

Stocking a Healthy Kitchen

Hectic schedules often mean there is less time for dinner. Stocking your kitchen with healthy, quick-to-fix options will make preparing a nutritious meal easier and faster than stopping at a fast-food restaurant.

As a starting point, use the following list to stock your kitchen. Choose items that sound tasty and suit your family's preferences. Stock your kitchen gradually over a few weeks to avoid breaking your food budget.

Cupboard or pantry

- Canned foods
 - fruit in juice
 - tomatoes
 - green chilies
 - water chestnuts
 - water-packed tuna
 - chicken
 - salmon
 - clams or shrimp
 - a variety of beans
 - artichoke hearts
 - reduced-sodium broth
 - evaporated skim milk
 - soups
 - spaghetti sauce
- mixes such as pancake, biscuit, cornbread or muffin — choose whole-grain when possible
- pasta of different shapes and sizes
- bulgur and rice — quick brown or white or seasoned mixes
- potatoes, onions or garlic
- sauces — soy, teriyaki, Worcestershire or hot
- oils — canola, olive, sesame or
- cooking spray
- vinegars — cider, tarragon or balsamic
- honey and syrups
- peanut butter
- whole-grain crackers

- bread — whole-wheat, French or pita bread
- white and whole-wheat flour
- herbs and spices — basil, cayenne, curry, chili powder, dill, garlic powder, ginger, oregano, rosemary, thyme, cinnamon, nutmeg or cloves

Refrigerator

- fresh, seasonal fruits and vegetables
- juices, especially lemon or lime
- cheese — Parmesan, feta, mozzarella and other reduced-fat versions
- salad dressings, some low-fat
- low-fat yogurt
- skim or low-fat milk
- powdered buttermilk
- eggs
- condiments — salsa, horseradish, mustards, ketchup

- or light mayonnaise
- purchased pesto, sun-dried tomatoes, chopped garlic, roasted red peppers
- salsa or barbecue sauce

Freezer

- plain frozen fruits or vegetables
- juices
- lean meat, poultry or fish
- whole-grain rolls, bagels or tortillas
- pizza crusts
- waffles
- phyllo dough
- frozen yogurt or low-fat ice cream

Adapted from Celebrate! A Healthy You, University of Missouri Extension, Linda Rellergert, Nutrition and Health Education Specialist.

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