

HOW TO STOCK YOUR KITCHEN

When emergencies like weather events or the recent COVID-19 outbreak hit, shelves at local stores are cleared as people stock up. If you are wondering what you should keep on hand, check out this list that our Chefs and RDs put together that incorporates basic staple items. In instances where multiple types of items are listed, feel free to choose your favorites.

PANTRY

Grains

- Pasta whole grain or legume based when possible
- Brown Rice
- Quinoa, Barley, Farro, Bulgur, Cornmeal/ Polenta
- Rolled oats
- Dry Cereal
- Crackers

Protein

- Beans (canned or dried) garbanzo, black, kidney,
- Dry Lentils
- Cans or pouches of tuna, chicken or salmon
- Nuts/seeds almonds, walnuts, peanuts, cashews, pumpkin seeds
- Nut butter peanut butter or almond butter

Fruits & Vegetables

- Marinara Sauce
- Canned tomato products whole, diced, crushed, paste •
- Canned fruit pineapple, mandarin oranges (in water
 Water or juice)
- · Applesauce, unsweetened
- Dried fruit raisins, apricots, dates
- Salsa (iar)
- Canned or jarred olives black or green
- Root vegetables onions, white potatoes, sweet potatoes
- Sun-dried tomatoes in oil

Oils, Vinegars, Condiments, Other

- Olive oil/canola oil
- Vinegar balsamic, apple cider, red wine
- Ketchup
- Mustard brown, Dijon
- Mavonnaise
- Soy sauce or Hoisin sauce
- Hot sauce
- Broth/Stock chicken & vegetable
- Pesto
- Honey
- Maple syrup
- Chocolate chips

Spices/Seasonings

- Salt
- Black pepper
- Red pepper flakes
- Basil
- Oregano
- Garlic powder
- Chili powder
- Paprika
- Cumin
- Cinnamon
- Sugar white, brown

Beverages

- Coffee
- Tea
- Shelf stable milk (dairy or plant-based)
- Sparkling water

REFRIGERATOR

- Eggs
- Root Vegetables: carrots, turnips, parsnips
- Lactose-free milk or other ultra pasteurized milk (soy, almond, oat)
- Plain Greek yogurt
- Cheeses (Parmesan, feta, cheddar, plus 1 other)
- Apples, Oranges
- Hummus

FREEZER

- · Whole wheat sliced bread
- Corn tortillas
- Animal protein chicken, fish, pork, ground turkey/beef
- · Frozen fruit berries, peaches, mango
- Frozen veggies peas, corn, green beans, spinach, broccoli, edamame