

Basic Food Shelf

A list of foods to have at all times to make healthy meals and snacks



Fresh Vegetables

Carrots, potatoes, turnip, , cabbage, squash, onions, garlic, parsnip, broccoli, sweet potato



Fresh fruit

Apples, oranges, banana
When in season: pears, berries, oranges



Frozen and canned vegetables and fruit

Frozen bags of vegetables and fruit, canned vegetables (low sodium) and fruit (no added sugar) applesauce, sauces (tomato, pasta and pizza), canned diced tomatoes, salsa, dried fruit



Grains, rice, bread, pasta, cereal

Whole grains like rice, bread, tortillas, pasta (long, short and chunky varieties) couscous, dry and hot cereals, crackers, bread crumbs, plain popcorn



Poultry, meat, fish, beans, nuts and seeds

Freezer: meats, poultry, fish, game meat
Cupboard: canned tuna and salmon, canned and dried beans such as chickpeas, lentils, split peas, beans in tomato sauce, peanut butter, nuts and seeds



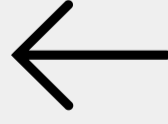
Yogurt, eggs, cheese, milk and other beverages

Yogurt, eggs, hard cheese, milk, fortified soy beverages, skim milk powder and canned milk



Flour, oil, spices

Flour, sugar, brown sugar, corn starch, baking soda, baking powder, cocoa low sodium bouillon or broth, oil, margarine
Spices like thyme, basil, garlic powder, chili powder



Other ingredients

Tea, coffee, honey, jam, vinegar, vanilla extract, apple cider vinegar, cinnamon, worcestershire, ketchup, salad dressing, mustard, lemon juice, soy sauce (low sodium)

