



Pantry Essentials: Keeping a Well-Stocked Kitchen

Dry Goods

Rolled Oats/oatmeal
Lentils and Beans
Brown Rice
100% Whole Wheat Pasta
100% Whole Grain Cereal



Spices & Herbs

Salt
Black Pepper
Chili Pepper
Cayenne Pepper
Paprika
Cumin
Red Pepper Flakes
Rosemary, dried
Thyme, dried
Oregano, dried
Basil, dried
Garlic Powder
Bay Leaves
Ginger, Ground
Cinnamon
Vanilla Extract

Canned Goods

Beans (black, pinto, kidney, white, garbanzo)
Canned Tomatoes
Tomato Paste
Canned Tuna
Low sodium soups/broths
Vegetables (corn, green beans, peas, etc.)
Fruit (pear, pineapple, peach)



Refrigerated Items

Milk (dairy or non-dairy)
Eggs
Butter
Cheese
Plain Greek Yogurt



Condiments, Vinegar, and Oils

Oil (olive, canola, non-stick spray)
Vinegar
Low Sugar Ketchup
Mustard
Lemon/Lime Juice



Snacks

Nuts (peanuts/walnut/almonds)
Seeds (sunflower, pumpkin)
Popcorn
Plantain Chips
Trail mix
Apple Sauce
Dried Fruit (raisins, cranberries, mango, apricots)

Sweeteners

Raw Sugar
Honey

Other

Peanut Butter
Low Sodium Pasta Sauce
Salsa

Produce Pantry Essentials

Year-Round Produce

Bell Pepper			Herb varieties (most)
Garlic	Oranges	Lemons	Celery
Onions (red, yellow)	Apples	Green Onions / Scallions	Cabbage
Potatoes	Bananas	Mushrooms	Kale
Carrots	Avocado	Spinach	Broccoli
Lettuce	Cauliflower	Arugula	Collard Greens

Spring

Asparagus	Snap Peas
Apricot	Snow Peas
Green Beans	Apricots
Honeydew Melon	Cherry
Pineapple	Strawberry

Summer

Basil	Jalapeno
Blackberry	Mango
Blueberry	Nectarine
Cantaloupe	Peach
Cherries	Plum
Chickpeas	Raspberry
Corn	Tomato
Cucumber	Watermelon



Fall

Cranberries	Okra
Pear	Sweet Potatoes
Pumpkin	Melon
Grapes	Butternut Squash
Lime	Ginger
Pomegranate	

Winter

Clementines	Tangerines
Mandarin Oranges	Brussel Sprouts
Naval Oranges	Grapefruit
	Collard Greens