

## **PANTRY STAPLES**

HEALTHY FOODS | HEALTHY MEALS



## AISLE FOODS:

LOW SODIUM CANNED VEGGIES	PERIMETER	
WHOLE GRAIN PASTA & RICE		
OATMEAL & WHOLE GRAIN CEREALS	FOODS:	
NUTS & SEED BUTTERS	POTATOES	
WHOLE GRAIN GRANOLA BARS, CRACKERS, TORTILLAS	ONIONS	
DRIED LENTILS & CANNED BEA	NS FRESH FRUIT	
MARINARA SAUCE, SALSA, DIC TOMATOES, TOMATO PUREE	FRESH VEGETABLES	
CANNED FRUIT IN FRUIT JUICE & DRIED FRIUT	BUTTER	
	MILK	
STAPLES:	YOGURT	
STOCKS & BROTH	CHEESE	
KETCHUP, MUSTARD	E G G S	
OLIVE OIL	LOW SODIUM SANDWICH MEAT	
GARLIC & ONION POWDERS  CUMIN, CHILI POWDER	GROUND TURKEY	
WHOLE WHEAT FLOUR	CHICKEN BREASTS, CHICKEN THIGHS	
GRANULATED SUGAR	FISH	
BROWN SUGAR	CUTS OF BEEF WITH LOIN OR ROUND IN NAME	
VANILLA	WHOLE GRAIN BREAD & BUNS	
BAKING SODA, BAKING	FROZEN VEGETABLES	
HONEY, SOY SAUCE	FROZEN FRUIT	
SALT, PEPPER	FROZEN CHICKEN	