



PANTRY STAPLES

HEALTHY FOODS | HEALTHY MEALS



AISLE FOODS:

- LOW SODIUM CANNED VEGGIES
- WHOLE GRAIN PASTA & RICE
- OATMEAL & WHOLE GRAIN CEREALS
- NUTS & SEED BUTTERS
- WHOLE GRAIN GRANOLA BARS, CRACKERS, TORTILLAS
- DRIED LENTILS & CANNED BEANS
- MARINARA SAUCE, SALSA, DICED TOMATOES, TOMATO PUREE
- CANNED FRUIT IN FRUIT JUICE & DRIED FRUIT

STAPLES:

- STOCKS & BROTH
- KETCHUP, MUSTARD
- OLIVE OIL
- GARLIC & ONION POWDERS
- CUMIN, CHILI POWDER
- WHOLE WHEAT FLOUR
- GRANULATED SUGAR
- BROWN SUGAR
- MINCED GARLIC
- VANILLA
- BAKING SODA, BAKING POWDER
- HONEY, SOY SAUCE
- SALT, PEPPER

PERIMETER FOODS:

- POTATOES
- ONIONS
- FRESH FRUIT
- FRESH VEGETABLES
- BUTTER
- MILK
- YOGURT
- CHEESE
- EGGS
- LOW SODIUM SANDWICH MEAT
- GROUND TURKEY
- CHICKEN BREASTS, CHICKEN THIGHS
- FISH
- CUTS OF BEEF WITH LOIN OR ROUND IN NAME
- WHOLE GRAIN BREAD & BUNS
- FROZEN VEGETABLES
- FROZEN FRUIT
- FROZEN CHICKEN BREASTS, FISH FILLETS