

Pantry Staples & Healthy Eating



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What's on your list? We are all doing our part to limit interaction with others right now. A great way to help reduce your trips to the grocery store is to plan ahead. The following list, courtesy of **Noelle Martin, founder of *motherhoodandmeals.com***, will help you prepare the next time you need to re-stock. .

Make a list of all perishable (refrigerated) items needed and determine how much of each item your family will consume in a two-week timeframe. Examples include:

- Milk
- Eggs
- Cheese
- Nitrate-free lunch meat
- Yogurt
- Condiments: ketchup, mustard, mayo, salad dressings, BBQ sauce, etc.
- Dips: hummus, tzatziki, salsa, etc.
- Fresh fruit and vegetables (including salad greens)
- Frozen fruit and vegetables (longer shelf-life but should be eaten within a few weeks of purchase to avoid freezer burn)
- Meat, poultry, fish, seafood, vegetarian protein options
- Hemp hearts, flax seed, chia seeds

Take inventory of your cupboards to stock up on items with a longer shelf-life. Examples include:

- Oats, flour, and other baking supplies
- Nuts, seeds, and nut/seed butters
- Dried fruit (apricots, dates, raisins, cherries, mango, cranberries, apple chips etc.)
- Canned or dried beans and lentils
- Canned tuna/salmon
- Canned pumpkin, tomatoes, and tomato sauce
- Oils (olive, avocado, coconut, etc.)
- Vinegars (apple cider, balsamic, etc.)
- Bread, bagels, English Muffins (can also be frozen)
- Pasta, rice, quinoa
- Cereal / granola
- Granola bars / Fig bars
- Applesauce/ canned fruit
- Crackers / pretzels
- Honey / maple syrup
- Spices you are running low on

TIPS

Limit food waste with these simple ideas:

- Offer fresh produce as often as possible in the first week
- Use leftovers for lunches or freeze for future meals
- Sauté and freeze kale and spinach and use for sauces, smoothies, and soups
- Store homemade soup in smaller containers to freeze