

Healthy Kitchen Basics

Making healthy meals at home is a little easier if you have some basics on hand. Here are some ideas to help you get started--keep in mind you do not need them all! You may be able to get some of the foods while shopping today; others you can look for at your local food store. Most of the items listed are shelf stable.

PROTEIN

- ☐ Low sodium canned beans
- ☐ Dried beans and lentils
- ☐ Canned tuna/salmon
- ☐ Peanut butter
- ☐ Nuts/seeds
- ☐ Eggs



GRAINS

- ☐ Oatmeal
- ☐ Flour
- ☐ Whole grain pasta, brown rice, quinoa
- ☐ Whole grain wraps/tortillas

DAIRY

- ☐ Milk (low fat cow's milk, unsweetened soymilk)
- ☐ Low fat yogurt and/or cottage cheese

FRUIT

- ☐ Raisins/dried cranberries
- ☐ No added sugar canned fruit
- ☐ Frozen fruit



VEGETABLES

- ☐ Frozen greens
- ☐ Variety of frozen vegetables



FOR EXTRA FLAVOR

- ☐ Balsamic vinegar, apple cider vinegar
- ☐ Low sodium broth—beef, chicken or vegetable
- ☐ Salsa or hot sauce
- ☐ Vanilla
- ☐ Lemon juice
- ☐ Olive or canola oil



HERBS/ SPICES

- ☐ Italian seasoning
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Oregano or thyme
- ☐ Chili powder/paprika
- ☐ Pepper
- ☐ Cinnamon



PA Healthy Pantry Initiative

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