

# Stocking Your Pantry

Keep these ingredients on hand to create quick and healthy meals.

**Baking Products.** Have flour, sugar, baking soda, and baking powder on hand. They are basic ingredients for many fresh baked goods.

**Canned Beans and Fish.** Add beans like kidney, black, pinto, or lima to salads and soups. Or, serve as side dishes or add to a main dish. Use canned tuna and salmon to add protein to salads, casseroles, and pasta.

**Canned Fruits and Vegetables.** Canned produce like pineapple, applesauce, corn, and green beans make quick and easy side dishes or snacks on their own. Or, use as an ingredient to stretch main dishes.

**Canned or Powdered Milk.** Canned low-fat evaporated and dry powdered milk keep longer than fresh. Prepare them according to the package directions. Use in recipes instead of fresh milk.

**Canned Tomato Products.** Keep canned tomato sauce and whole, diced, or puréed tomatoes on hand. They are basic ingredients in a wide range of recipes.

**Cereals.** Stock up when they're on sale. Enjoy with fruit and milk. Or, use to make trail mixes, baked goods, or crispy coatings for meat, poultry, and fish.

**Dried Fruit and Nuts.** Use as a snack on their own or in homemade trail mix. Add to cereals, baked goods, and yogurt for a snack or breakfast.

**Dried Herbs.** Buy the dried herbs and spices you use often. Use to add flavor in place of extra salt.

**Oil.** Canola and olive oils are healthy choices when cooking or making dressings. Cooking spray keeps food from sticking to the pan.

**Pasta and Rice.** Buy on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests.

**Vinegar.** Keep apple cider, red wine, rice, or balsamic vinegars on hand for homemade salad dressings and marinades.

