

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

A project of Feeding PA in partnership with the PA Department of Health