

# The Well-Stocked Kitchen: Pantry and Nonrefrigerated Foods

If you keep these pantry staples on hand, you'll always be ready to put a delicious, nutritious, and economical meal on the table.

## Cans, Jars, and Pouches

### Beans

- Black
- Garbanzo
- Great northern
- Kidney/red
- Navy
- Pinto
- Other \_\_\_\_\_

### Broth or Stock

*Lower sodium*

- Beef
- Chicken
- Vegetable

### Canned or Pouched Meat

- Canned or pouch chicken
- Canned or pouch tuna or salmon

### Canned Tomatoes

*(lower sodium)*

- Crushed
- Diced
- Stewed
- Pasta sauce
- Tomato juice
- Tomato paste
- Tomato sauce
- Whole

### Dried fruit:

- Apricots
- Cranberries
- Raisins

### Fruits:

- Apricots
- Applesauce
- Fruit cocktail
- Peaches
- Pears
- Pineapple
- Other \_\_\_\_\_

### Nut butter

- Almond
- Peanut

### Salsa

### Soups

*(lower sodium varieties)*

### Vegetables (low sodium or no salt added):

- Carrots
- Corn
- Green beans
- Mixed vegetables
- Peas
- Spinach



- Other \_\_\_\_\_

## Cereals, Grains, Pasta, and Sides

- Bread (whole grain varieties)
- Cereal (whole grain, low sugar varieties)
- Oats: old fashioned or quick
- Dry beans and lentils
- Pasta (whole grain varieties)
- Rice: white and brown
- Tortillas or taco shells

### Snacks

- Crackers (whole grain varieties)
- Popcorn
- Nuts (almonds, walnuts, etc.)

## Non-Refrigerated Produce

- Bananas
- Onions
- Potatoes
- Sweet potatoes
- Tomatoes

## Baking and Cooking Supplies

- Baking or pancake mix
- Baking powder
- Baking soda
- Cornmeal
- Instant nonfat dry milk

### Flour

- White
- Whole wheat

**Bouillon**

- Beef
- Chicken
- Vegetable

**Oil for cooking**

- Olive
- Canola
- Vegetable

**Quick Bread Mixes**

**Sugar**

- White granulated
- Brown

**Seasonings and Spices**

- Basil
- Black pepper
- Chili powder
- Cinnamon
- Dill
- Garlic powder
- Iodized salt
- Onion powder
- Oregano
- Paprika
- Poultry seasoning
- Vanilla flavoring
- Other \_\_\_\_\_

**Vinegar**

- White
- Apple cider

**Condiments and Salad Dressings**

- Barbecue sauce
- Hot sauce
- Ketchup
- Mayonnaise (lower fat option)
- Mustard
- Salad dressing
- Soy (low sodium) or teriyaki sauce
- Worcestershire sauce

**Resources**

Have questions about Whole Grains? Visit  
<https://bookstore.ksre.ksu.edu/pubs/MF2560.pdf>

To store these foods safely and reduce food waste, visit  
<https://bookstore.ksre.ksu.edu/pubs/MF3131.pdf>

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