

## Keeping Your Pantry Prepared

A well stocked pantry is a great way to ensure you have food staples on hand in times of need. Below are some recommendations from your NCS Registered Dietitian Karly to avoid asking yourself, What's for Dinner?



### Canned Goods

- *Canned fruits and vegetables. These are picked and canned at their ripest which allows them to retain nutrients.*
- *Tomatoes are a great addition to many sauces and soups.*
- *Canned proteins such as tuna, salmon and chicken can be used in a salad, on a sandwich or added to a casserole. All are very high in healthy fats and protein.*
- *Beans can be added to soups, stews and pastas and provide an additional boost of fiber and protein.*

### Shelf Stable Foods

- *Nut butters and jams. A great source of calories and protein and can be made into sandwiches or added to oats and grits.*
- *Flour, sugar, baking soda, salt. Having these items on hand allows you to be prepared to make a batch of cookies or a quick bread.*
- *Dried beans, lentils, barley, rice, pasta can serve as the base for many dishes and typically yield a higher volume when prepared.*
- *Ready to eat cereals such as oats, grits. Breakfast cereals are fortified with many nutrients and will last a long time on the shelf and can serve as a quick breakfast or snack option.*
- *Powdered milk can be reconstituted with water in a situation where you may be home bound. It is also a great protein booster in smoothies.*

### Fresh Foods

- *Eggs are a very versatile protein to keep on hand. They can be served on their own scrambled or fried, hard boiled and used as a snack or added to salads, or used in preparation of many baked goods.*
- *Breads, English muffins and bagels. Top with a fried egg or a nut butter for a quick, high fiber meal.*
- *Hard cheeses, dairy products and milk offer a great high protein, calcium rich snack and can be added into many recipes.*
- *Meat can be purchased fresh, prepared for cooking and then frozen to have on hand to simply thaw and add to a variety of dishes.*

### Frozen Foods

- *Ice cream for a sweet treat or to use as a base for a protein shake.*
- *Frozen pizza dough.*
- *Fish can be thawed quickly and prepared in a variety of ways for a high protein and heart healthy meal.*
- *Plain frozen vegetables are as nutrient dense as the fresh variety and can be used in pasta or rice dishes or served as a side dish with your main entrée.*

**It is always a safe idea to have food staples on hand in times of need.**



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