

How to Stock a Healthy Pantry

Source: Registered Dietitian Nutritionist, Atlanta, GA.

Dry Beans & Peas

- Lentils—green, brown
- Garbanzo or chickpeas
- Pinto beans
- Black beans
- Navy beans
- Black-eyed peas

Whole Grains

- Oats – bulk, affordable
- Rice – bulk, affordable
- Quinoa
- Corn
- Gluten Free Pasta
- Sprouted Flours
- Wheats
- Millet

Smoothie Supplements

- Cherries, blueberries, cranberries
- Beet Root Powder
- Cacao Nibs & Powder
- Flax Meal
- Nutritional Yeast
- Whey, Peanut, Pea, Hemp Protein Powders

Fruits & Vegetables

- Roots—Dry Garlic, beets, onions, shallots, Ginger, Sweet & white potatoes
- Hard Squashes—Pumpkins, Winter squash, acorn, butternut
- Tomatoes—Sun-Dried in oil, pickled, canned
- Fruits—Dried, Brandied, Pickled. Canned
- Veggies—Dried, Pickled, in oil or Canned

Drinks & Pure Water

- Matcha Green Teas
- Assorted Herbal Teas
- Decaf Coffee or chicory
- Sparkling Waters with Natural Flavors
- Ginger Ale
- Tonic Water – Quinine
- Juices
- Distilled Water
- Filtered – ZeroWater Filter Pitchers, Berkey, etc
- Spring Water

Nuts & Seeds

- Walnuts
- Almonds
- Pecans
- Peanuts
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Hemp seeds
- Sesame seeds
- Nut Butters

Dried Herbs & Spices

- Salt (sea, kosher, Pink, grey, iodized, celtic)
- Black Pepper
- Turmeric
- Ginger
- Garlic, granulated
- Onion powder
- Chile, Paprika powder
- Cayenne pepper
- Oregano
- Cinnamon
- Marjoram
- Dried Citrus Peel
- and more

Healthy Oils

- Coconut
- EV Olive Oil
- Grapeseed Oil
- Toasted sesame oil
- Sunflower, Vitamin E rich

Vinegar & Lemon Juice

- Apple cider vinegar – raw, unfiltered
- White – most acidic
- Red wine, rice or balsamic vinegar
- Bottled Lemon Juice

Sauces & Condiments

- Pepper sauces (hot sauce)
- Ketchup
- Mustard: Plain, Honey, Dijon, Brown, Spicy
- BBQ Sauces
- Salad Dressings

Jar & Canned Goods

- Chili Beans
- Soups, Broths
- Tomato paste & sauces
- Pumpkin
- Jams, Fruit Spreads
- Pickles
- Wild Alaskan salmon
- Sardines
- Tuna

Sweeteners

- Maple Syrup
- Honey
- Sugars, unprocessed
- Coconut sugar
- Molasses

Fill in the Gaps of your Home Pantry, Food Security with this Healthy Checklist..