

HOW TO STOCK YOUR KITCHEN

When emergencies like weather events or the recent COVID-19 outbreak hit, shelves at local stores are cleared as people stock up. If you are wondering what you should keep on hand, check out this list that our Chefs and RDs put together that incorporates basic staple items. In instances where multiple types of items are listed, feel free to choose your favorites.

PANTRY

Grains

- Pasta –whole grain or legume based when possible
- Brown Rice
- Quinoa, Barley, Farro, Bulgur, Cornmeal/ Polenta
- Rolled oats
- Dry Cereal
- Crackers

Protein

- Beans (canned or dried) – garbanzo, black, kidney,
- Dry Lentils
- Cans or pouches of tuna, chicken or salmon
- Nuts/seeds – almonds, walnuts, peanuts, cashews, pumpkin seeds
- Nut butter – peanut butter or almond butter

Fruits & Vegetables

- Marinara Sauce
- Canned tomato products – whole, diced, crushed, paste
- Canned fruit – pineapple, mandarin oranges (in water or juice)
- Applesauce , unsweetened
- Dried fruit - raisins, apricots, dates
- Salsa (jar)
- Canned or jarred olives – black or green
- Root vegetables - onions, white potatoes, sweet potatoes
- Sun-dried tomatoes in oil

Oils, Vinegars, Condiments, Other

- Olive oil/canola oil
- Vinegar – balsamic, apple cider, red wine
- Ketchup
- Mustard – brown, Dijon
- Mayonnaise
- Soy sauce or Hoisin sauce
- Hot sauce
- Broth/Stock – chicken & vegetable
- Pesto
- Honey
- Maple syrup
- Chocolate chips

Spices/Seasonings

- Salt
- Black pepper
- Red pepper flakes
- Basil
- Oregano
- Garlic powder
- Chili powder
- Paprika
- Cumin
- Cinnamon
- Sugar – white, brown
- Flour

Beverages

- Coffee
- Tea
- Shelf stable milk (dairy or plant-based)
- Sparkling water
- Water

REFRIGERATOR

- Eggs
- Root Vegetables: carrots, turnips, parsnips
- Celery
- Lactose-free milk or other ultra pasteurized milk (soy, almond, oat)
- Plain Greek yogurt
- Cheeses (Parmesan, feta, cheddar, plus 1 other)
- Apples, Oranges
- Hummus

FREEZER

- Whole wheat sliced bread
- Corn tortillas
- Animal protein – chicken, fish, pork, ground turkey/beef
- Frozen fruit - berries, peaches, mango
- Frozen veggies - peas, corn, green beans, spinach, broccoli, edamame