



A well-stocked pantry, fridge, and freezer can provide the base to many healthy meals.

PANTRY STAPLE IDEAS

Canned & Jarred Goods

- Dried beans (black, navy, pinto, kidney, chickpeas)
- Tuna or salmon packed in water
- Tomatoes (pasta sauce, tomato sauce, tomato paste, salsa)
- Chicken, vegetable & beef broths
- Unsweetened applesauce
- Vegetables (green beans, English peas, corn kernels)

Baking Goods

- Baking soda & baking powder
- Whole grain or gluten-free flours
- Sugar, brown sugar & stevia
- Cocoa powder, yeast, corn starch
- Dried fruit/nuts

Condiments & Seasonings

- Salt, pepper & vinegar (cider, wine, balsamic)
- Dried herbs, spices & seasoning blends (chili powder, cumin, oregano, cinnamon)
- Honey & maple syrup

Grains

- Whole grain or Gluten-free pastas
- Whole grain breads & cereals (sandwich bread, English muffins, bagels, tortillas)
- High-protein bean- and lentil-based pastas
- Whole wheat couscous
- Brown rice, quinoa, barley, oats

SMART SNACK CHOICES

- Hummus
- Guacamole
- Baby carrots
- Dried fruit and nuts trail mix
- Nut-based or whole-grain snacking/granola bars
- Popcorn
- Jerky
- Cabot Cracker Cuts
- Cabot Snack Sticks

REFRIGERATOR STAPLE IDEAS

Proteins

- Eggs or egg substitute
- Lean sandwich meats (turkey, ham, roast beef)

Dairy

- Milk
- Cabot Greek Yogurt
- Cabot Cheese

Produce

- Fresh fruits
- Fresh vegetables
- Dark leafy greens (Romaine lettuce, spinach, arugula)
- Fresh herbs & garlic (mint, basil, cilantro, parsley)

Condiments

- Ketchup
- Soy sauce
- Mustard
- Lemon and lime juice

FREEZER STAPLE IDEAS

Proteins

- Fish fillets and shrimp
- Chicken breasts and thighs
- Pork tenderloin and pork chops
- Lean ground beef or turkey
- Veggie burgers

Produce

- Chopped spinach
- Broccoli florets
- Cauliflower rice
- Peppers and onions
- Corn-on-the-cob
- Edamame

Fruit

- Mango
- Strawberries
- Blueberries
- Mixed berries