

PANTRY PLANNER

Get a head start on meal planning and save time and money by keeping basic non-perishable ingredients on hand. Start with this handy guide to help you get organized.

VEGETABLES & FRUIT

Keep on hand lower sodium canned vegetables and juices and unsweetened canned fruit and 100% juice.

- Applesauce
- Apricots (dried)
- Canned Corn
- Canned Peaches
- Canned Pears
- Canned Peas
- Canned Tomatoes
- Prunes (dried)
- Raisins
- Tomato paste
- Tomato sauce
- 100% Fruit Juice

MILK & ALTERNATIVES

Stock lower fat evaporated milk; it's a great substitute for cream or coffee whitener in tea or coffee.

Evaporated milk*

FATS & OILS

Keep the healthiest choices of plant-based oils on hand for cooking and salad dressings.

- Canola oil
- Olive oil
- Soybean oil

GRAIN PRODUCTS

Stock cereals and grain products with the lowest sugar and highest fibre.

- Barley
- Breadcrumbs
- Cold cereal
- Corn meal
- Couscous
- Crackers
- Pasta
- Rice, brown
- Rice, white
- Quinoa

MEATS & ALTERNATIVES

Include lower sodium canned options such as canned beans, lentils and fish. Keep natural peanut butter on hand.

- Almonds
- Black beans
- Chickpeas
- Kidney beans
- Lentils
- Peanut butter
- Pumpkin seeds
- Salmon, canned
- Sunflower seeds
- Tuna, canned
- Walnuts

Pantry Tip

Use the principle of "first in, first out" when restocking your pantry.

Check the "best before" date on packages; bring older items to the front and move new items to the back.

BAKING

Bake better bites with recipes that have reduced sugar, fat and sodium.

- Baking powder
- Baking soda
- Cinnamon
- Cocoa powder
- Cornstarch
- Flour, whole wheat
- Flour, white
- Honey
- Maple syrup
- Nutmeg
- Oats, large flaked
- Sugar, white
- Sugar, brown
- Vanilla extract
- Yeast

RUNNING LOW ON

CONDIMENTS & SEASONING

Include pure spices rather than those with added salt (e.g. garlic powder rather than garlic salt).

- Bay leaves
- Broth
- Cumin
- Curry powder
- Garlic powder
- Jam
- Ketchup
- Mayonnaise*
- Mustard*
- Oregano
- Pepper
- Rosemary
- Salsa*
- Soy sauce
- Tahini
- Thyme
- Vinegar, balsamic
- Vinegar, wine
- Worcestershire sauce

*refrigerate after opening