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.

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.

VEGETABLES & FRUITS

Keep on hand lower sodium canned vegetables and fruit (canned in their own juice or water).

Applesauce, unsweetened
Apricots (dried)
Canned Corn
Canned Peaches
Canned Pears
Canned Peas
Canned Tomatoes
Prunes (dried)
Raisins
Tomato paste
Tomato sauce

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OIL

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

Canola oil
Olive oil
Soybean oil

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GRAIN PRODUCTS

Stock your pantry with whole grains by choosing those with "whole grain" on the ingredient list. Choose whole grain cereals lowest in sugars.

Barley
Breadcrumbs
Cold cereal
Corn meal
Couscous
Crackers
Pasta
Rice
Quinoa

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PROTEIN FOODS

Dried beans, peas and lentils are great pantry staples. For canned protein foods, choose lower sodium options when available.

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

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CONDIMENTS & SEASONING

Include pure spices rather than those with added salt (e.g. garlic powder rather than garlic salt). Choose lower sodium versions of sauces (e.g. broth and soy sauce).

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

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BAKING

Bake better bites with recipes that have reduced sugar, saturated 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

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*refrigerate after opening