Healthy Eating: When Using Foods with a Longer Shelf Life-

“Cooking from the Pantry“

First Things First-

- Take stock of what you already have in your pantry.
- Cross check the “Stocking your pantry list” on page 2, then make note of what should be used first. What items do you need more of? What items do you need to purchase?
- Look for a variety of recipes that use your pantry items. Take note to have the seasonings or bases such as stock to create recipes.
- Keep these recipes in a convenient, easy to find place.
- Make a plan to use your recipes. See the menu planner on page 5.
- Write a shopping list.

As long as you have access to fresh foods; meats, fruits and vegetables, use them. Save your canned products for when you don’t.

“By failing to prepare, you are preparing to fail.”
— Benjamin Franklin
Take note of those items already in your pantry so that they can be used first.

What items to stock in my pantry:

Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans, split peas and lentils). No-added or low sodium choices are best.

Canned vegetables (such as tomatoes, green beans, corn, hominy, green chili, black eyed peas). No-added or low sodium choices are best.

Ready-to-go sauces: tomato, enchilada and green chili.

Dried fruit, fruit pouches, canned fruit in 100% fruit juice, Vitamin C fortified bottled or canned juices.

Dry grains and pasta such as brown or white rice, quinoa, oats, millet, barley, noodles. Whole grain options are best.

Pouches or canned fish and chicken.
Dried milk powder, canned milk, canned coconut milk.

Nuts, seeds, and nut butters, popcorn kernels and light microwave popcorn.

Olive, canola or other vegetable oils. Dried herbs, and spices. Dry bouillon or canned broth. Lower sodium is best.

Shopping for fresh foods that have a longer shelf-life

Vegetables Ideas-

- Carrots, beets and cabbage. Remove the greens. Store in the refrigerator.
- Beet greens should be used right away. Cook in soups or add to sautéed vegetables.
- Root vegetables—Potato, yam, sweet potato. (Store all in a cool, dark Place)
- Winter Squash- Acorn, Hubbard, Butternut. (Store all in a cool, dark Place)
- Onions and garlic (Store all in a cool, dark Place)

Fresh Fruit Ideas-

- Apples and citrus fruit. Keep in the refrigerator or in a cool dark place.
- Anjou Pears. Once soft at room temperature, put in the refrigerator.
Recipe ideas that use common pantry items and vegetables with longer shelf life:

Canned black beans combined with canned stewed tomatoes, onions and garlic and pour over cooked rice. Season as desire.

Minestrone soup- vegetables (green beans, carrots, cabbage), chopped onion, garlic, canned beans (any kind), pasta, basil and oregano for flavor.

Southwest Bean soup- Black beans, canned corn, green chili, chili powder, onion, carrots, beef broth.

Chili with or without meat. Beans, tomato, onion, garlic, spices.

Vegetable chowder- Barley, potato, carrots, celery, onion, canned tomato sauce.

Tuna noodle casserole. Canned tuna, noodles, canned soup and peas

Sweet potato and Lentil soup with coconut milk.

Make Salmon Patties with canned salmon.

Whole wheat linguini with canned salmon, olive oil, garlic, red pepper flakes and parmesan.

Vegetarian burritos with brown rice, black beans, onion, butternut squash, chili powder, cumin, salsa, low fat cheddar.

Always think ‘balance” when you are putting a meal together. Strive for at least 3 different food groups at each meal.

- Have a protein food, a starch choice and vegetables. Have a dish of fruit for dessert.
- Pair all legumes with a grain or starch for a complete protein, no need to add meat.
  Example: black beans and rice, or lentils and barley.
- Casseroles are often a complete meal in themselves with a protein, vegetables and a starch.
  Example: Tuna noodle casserole.
Wash your hands before food preparation and avoid touching your face.

Wash your fruits and vegetables very well.

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Things to Consider-
Fruit and Vegetables

Dried apricot, mango and prunes are good sources of vitamin A. Vitamin A is an important nutrient that helps protect our immune function and is important for your eyes.

Add chopped dried fruit to hot or cold cereals, or on top of peanut butter toast. Raisins are delicious example.

Stock canned & bottled juices fortified with vitamin C. Vitamin C is also an important nutrient that we need to have daily and it helps protect our immune function. Citrus fruits have a longer shelf life and they contain vitamin C.

Use canned fruit in smoothies or add to hot cereals.

Use canned or frozen fruit for desserts.

Apples have a long shelf life if stored in a cool place. Dip cut apples in peanut butter or make baked apples. Put apples in smoothies.

Blenderize your fruits and vegetables for smoothies. Make extra and freeze the mixture in ice cube trays for future smoothies.

Peeled bananas and whole washed berries can be frozen for later use in breads and smoothies.

Make larger batches of hearty soups with plenty of vegetables and freeze the extra portions for later use.
## Plan Your Meals

<table>
<thead>
<tr>
<th>Day of the week</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Oatmeal with fresh milk or reconstituted milk powder. Dried or fresh fruit and nuts</td>
<td>Peanut butter Sandwiches, Carrot Raisin Salad</td>
<td>Tuna Noodle Casserole With canned peas</td>
<td>Baked apples</td>
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<tr>
<td>Tuesday</td>
<td>Cooked quinoa, cinnamon, dried fruit &amp; nuts</td>
<td>Potato corn chowder with crackers</td>
<td>Red Bean Hominy chili Corn Bread</td>
<td>Popcorn</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Dry cereal with fresh milk or reconstituted milk powder Dried or fresh fruit hand.</td>
<td>Minestrone soup with garlic toast</td>
<td>Whole wheat linguini with canned salmon, olive oil, garlic, red pepper flakes and parmesan</td>
<td>Fresh oranges</td>
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<tr>
<td>Thursday</td>
<td>Toast with nut butter and raisins</td>
<td>Tuna salad sandwiches with sliced apples</td>
<td>Sweet potato, lentil curry on rice or with tortilla</td>
<td>Dried fruit and nut mix</td>
</tr>
<tr>
<td>Friday</td>
<td>Carrot Ginger Muffins Canned or fresh fruit</td>
<td>Quesadillas with beans and salsa Canned fruit</td>
<td>Salmon patties, vegetable, cooked rice</td>
<td>Vegetables dipped in homemade hummus</td>
</tr>
</tbody>
</table>
Create Your Shopping List

Write down some healthy foods you will buy this week:

Produce (include variety and those with a longer shelf-life)
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________________________________________________________________________
________________________________________________________________________

Have your recipes ready to create your shopping list

What herbs and spices will you need?

Will you need any broth or bouillon for soups or stews?

What items do you already have in your pantry?

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________________________________________________________________________
________________________________________________________________________

Dairy (think low-fat or fat-free)
Do you need some dry milk powder or canned milk to have on hand? Consider dairy alternatives like almond or soy milk.
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Cereals (think whole grain and low-sugar, bulk oats or rolled barley)
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Dry goods—flour, corn meal, baking goods
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Proteins (Canned meats, fish, nut butters, nuts, lentil, dry beans, quinoa, eggs)
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Canned fruit, juice (think no added sugar or packed in its own juice) Juices fortified with vitamin C
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________________________________________________________________________
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Canned Vegetables (think no added salt or low salt)
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Resources

National Academy of Nutrition and Dietetics. Getting Groceries During a Quarantine.
https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine

Allrecipes Website- What to take to someone who is Quarantined.
https://www.allrecipes.com/article/what-foods-to-take-to-someone-who-is-quarantined/

Culinary Institute of American DISH program.
Access easy and inspiring recipes, tips, and videos and a weekly meal planner for 30 days. To get started, please provide us with your name and e-mail.
https://join.ciafoodies.com

Hunger Free Hotline Colorado- (Food resources, information and more.)
Statewide— 855-855-4626  Denver Metro— 720-382-2929
https://www.hungerfreecolorado.org/

Consider purchasing an instant pot. This is a fast way to cook many dry pantry foods like grains and dry beans!
https://www.goodhousekeeping.com/appliances/multi-cooker-reviews/a28645556/what-is-an-instantpot/

Recipes

Beans and Legume ideas from King Soopers
https://www.kingsoopers.com/recipes/search?filters.mainIngredients=beansAndLegumes&page=1

Minestrone Soup-
https://www.kingsoopers.com/r/weeknight-minestrone-recipe/141540

Red Bean Hominy Chili
https://www.kingsoopers.com/r/red-bean-hominy-chili-recipe/221791

Sweet Potato Patties
https://www.kingsoopers.com/r/sweet-potato-veggie-patties-recipe/221798

Curried Lentils
https://www.kingsoopers.com/r/curried-lentils-recipe/180207

Salmon Patties
https://www.allrecipes.com/recipe/9401/salmon-patties-i/

Tuna Noodle Casserole
https://www.allrecipes.com/recipe/151593/campbells-tuna-noodle-casserole/

Carrot Ginger Muffins