

A Guide to Stocking A Non-Perishable Pantry

Given the uncertainty that lies ahead and the possibility that our ability to get access to fresh food may be limited at times, here is a list of basic items that we can stock in our pantries instead:

Pasta – different varieties like spaghetti, linguini, fusilli, orecchiette, shells

Sauces – marinara, clam sauce, alfredo

Rice – white, brown, wild and if you are adventurous, Arborio for risotto

Grains – Quinoa and bulgar

Broths and stocks – can be the basis of stews and soups; chicken, beef or vegetable based

Dried beans – lower sodium and taste better than canned beans, lentils, pinto, black, kidney, white navy. If you can't get dried, canned will do.

Eggs – keep for a long time in the fridge

Oatmeal- steel cut or rolled

Cured Meats – smoked ham, salami, bacon, sopressata, pepperoni

Frozen fruit and veggies – for smoothies, to accompany meals; blueberries, strawberries, spinach, peas, corn, cranberries, mixed berries. Bananas can be frozen.

Canned/vacuum packed fish and chicken – tuna, clams, anchovies, chicken, salmon

Condiments – mayonnaise, olive oil, vegetable oil, vinegar, lemon juice

Hummus and hard cheeses, cream cheese,

Nuts and dried fruits (apricots, raisins, cherries)

Flour, white and brown sugar, yeast, peanut butter and jam/jelly

Bread to freeze

Root vegetables - potatoes, sweet potatoes, carrots, parsnips, turnips, radishes, ginger, onions, garlic, celery, scallions, yams

Water, powdered milk, canned soups, canned tomatoes, olives

Cereal, granola bars, crackers

Pancake mix

Almond milk – keeps in the fridge longer

Baking Supplies – baking powder and soda, vanilla extract

Dried herbs and spices

Apples, oranges, grapefruit

Coffee and tea

All necessary vitamins and medications

For kids:

Diapers, baby formula, jars of baby food

Boxed mac and cheese

100% fruit juices, frozen juices, powdered lemonade or Gatorade