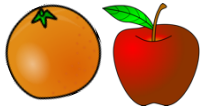


Healthfully Stock Your Pantry for Home Quarantine

Stock up on foods that will last for an extended period of time while providing you with essential nutrients. Check out this list of options for nutrient-dense, shelf-stable foods!

Fruits



- Long-lasting fresh fruit: bananas, apples, grapefruit, oranges and clementines
- Frozen fruit: frozen berries, pineapple, mangoes and peaches
- Dried fruit: dried raisins, mango, dates, apricots, prunes, and figs
- Canned fruits: applesauce, pineapple, pears, peaches, mandarins

DID YOU KNOW FRUIT...

- is high in fiber and antioxidants, citrus fruits contain Vitamin C
- is great for snacking, making smoothies, or adding to yogurt and oatmeal

Be aware of the sugar content of dried fruit and check that canned fruits are made with 100% juice

DID YOU KNOW VEGETABLES...

- are high in fiber, iron, and potassium
- are great to add to omelets, casseroles, or make soup with

When buying canned, look for low sodium options or rinse with water to remove some of the sodium

Vegetables

- Long-lasting fresh veggies: broccoli, cauliflower, brussel sprouts, peppers, carrots, and potatoes
- Frozen veggies: frozen spinach, broccoli, cauliflower and green beans
- Canned veggies: corn, carrots, peas, green beans, tomatoes, beets and olives



Protein

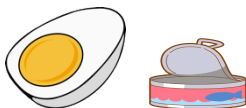
- Meat/Fish: chicken, steak, beef, shrimp or salmon
- Beans: chickpeas, lentils, pinto beans, black beans
- Canned fish: tuna, salmon and sardines
- Seeds: pumpkin, hemp, chia, and flax seeds
- Nuts: pistachios, pecans, walnuts, peanuts, almonds, nut butters
- Others: chickpea and lentil pasta, cheese, eggs, veggie burgers

DID YOU KNOW PROTEIN?

- will give you energy and strength
- will make you feel fuller longer

Freezing meats that you are not using right away will preserve them

Dairy



- Milk or plant-based milk (almond, coconut, oat milk)
 - Pea and soy-based milk are both high in protein



Grains

- Whole grains: steel cut oats, quinoa, brown rice, pasta, and bread
 - Try to buy sliced, frozen bread – it will last much longer!
- Others: crackers, popcorn, cereal