

GUIDE TO STOCKING A HEALTHY PANTRY



The best way to ensure you have everything you need to prepare delicious meals is to keep a well-stocked pantry. When you cook at home you can use quality, fresh ingredients to prepare healthy, nourishing food that is much better than prepared food, which is often loaded with calories, fats, sodium and added sweeteners. Our Healthy Pantry list includes all the items you need plus a few other ingredients that will make last-minute meals easier. Use it as a starting point for a grocery shopping list; it's organized to (roughly) follow a typical supermarket layout.

OILS, VINEGARS & CONDIMENTS

- Extra-virgin olive oil
- Canola oil
- Reduced-fat mayonnaise
- Vinegars: balsamic, red-wine, white-wine, rice (or rice-wine), apple cider
- Asian condiments and flavorings: reduced-sodium soy sauce, fish sauce, hoisin sauce, mirin, oyster sauce, chile-garlic sauce, curry paste
- Olives
- Dijon mustard
- Ketchup
- Barbecue sauce
- Worcestershire sauce

FLAVORINGS

- Salt
- Black peppercorns
- Onions
- Fresh garlic
- Dried herbs: bay leaves, thyme, oregano, tarragon, Italian seasoning blend
- Spices: allspice (whole berries or ground), chili powder, cinnamon sticks, ground cinnamon, cumin seeds, ground cumin, curry powder, ground ginger, nutmeg, paprika, cayenne pepper, crushed red pepper
- Lemons, limes, oranges.

SWEETENERS

- Granulated sugar
- Brown sugar
- Honey
- Pure maple syrup
- Unsweetened cocoa powder, natural and/or Dutch-processed
- Bittersweet chocolate, semisweet chocolate chips

GRAINS & LEGUMES

- Whole-wheat flour and whole-wheat pastry flour (Store opened packages in the refrigerator or freezer.)
- All-purpose flour
- Assorted whole-wheat pastas
- Brown rice and instant brown rice
- Rolled oats
- Whole-wheat couscous
- Dried lentils
- Plain dry breadcrumbs

NUTS, SEEDS & FRUITS

- Nuts: walnuts, pecans, almonds
- Sesame seeds
- Natural peanut butter
- Tahini
- Assorted dried fruits, such as apricots, prunes, cranberries, raisins (Store opened packages of nuts and seeds in the refrigerator or freezer.)

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CANNED GOODS & BOTTLED ITEMS

- Canned tomatoes, tomato paste, marinara sauce
- Salsa
- Reduced-sodium chicken broth, beef broth and/or vegetable broth
- "Lite" coconut milk for Asian curries and soups
- Canned beans and lentils
- Chunk light tuna and wild salmon

REFRIGERATOR BASICS

- Low-fat or nonfat milk
- Low-fat or nonfat plain yogurt and/or vanilla yogurt
- Butter, preferably unsalted
- Reduced-fat sour cream
- Good-quality Parmesan cheese and/or Romano cheese
- Sharp Cheddar cheese
- Eggs (large)
- Orange juice

FREEZER BASICS

- Frozen vegetables: peas, spinach, broccoli, bell pepper and onion mix, corn, uncooked hash browns
- Frozen berries
- Low-fat vanilla ice cream or frozen yogurt

RECIPES

Check the Price Chopper Recipe Cards Rack, or go to www.pricechopper.com.

BAKED CURRIED BROWN RICE & LENTIL PILAF

CHOCOLATE & NUT BUTTER BITES

CRANBERRY-ORANGE-NUT COOKIES

GARLIC-ROSEMARY MUSHROOMS

GINGERSNAP-BANANA FROZEN YOGURT



Gingersnap-Banana Frozen Yogurt

MUSTARD-CRUSTED SALMON

PEAR & RED ONION GRATIN

SHRIMP ENCHILADAS VERDE

TROPICAL FRUITS WITH PISTACHIOS & COCONUT

VERMONT CHEDDAR MASHED YUKON GOLDS

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