**Grocery Staples**

Keep your kitchen well stocked with staple foods and ingredients - it can help you save time by minimizing last minute trips to the grocery store when cooking meals. It can also help to ensure your meals are balanced, by offering the ability to substitute similar foods or ingredients when needed. For instance, if you run out of fresh fruit, like apples you can easily substitute canned fruit, like pineapple and still serve your meal or snack on time.

Consider keeping these items in your PANTRY:

- Baking ingredients: flour, sugar
- Bouillon
- Canned goods (milk, fruits, vegetables, beans, fish, meats, broth, soups, spaghetti sauce)
- Cereal (cold, hot)
- Crackers
- Dried fruits
- Dry beans
- Dry sauce, gravy & soup mixes
- Fresh veggies (onion, potato)
- Herbs, spices, extracts, vinegar, seasonings
- Nuts, nut butters
- Oils, non-stick spray
- Pasta / noodles
- Rice

Consider keeping these items in your REFRIGERATOR / FREEZER:

- Breads, buns, tortillas
- Condiments: dressings, ketchup, mayonnaise, mustard, salsa
- Dairy: milk, yogurt, cheese, cottage cheese, butter
- Deli meats
- Eggs
- Fresh, frozen produce (fruits, veggies)
- Meats, poultry, fish

Are there other items, besides those listed above, that you might need regularly to prepare your meals and snacks? List them here:

- ______________________________
- ______________________________
- ______________________________
- ______________________________

*Remember: To help prevent food spoilage and waste - be sure to organize your inventory so that you make use of the “older” before the “newer” foods and ingredients. Marking dates on your food packages is a helpful way to keep track of when you purchased them. *And always check your inventory as you make your shopping list and before shopping, to help avoid buying foods in excess.

For more information about storing foods safely, visit the Nutrition Education for Wellness’ Resources page at www.ctahr.hawaii.edu/NEW/resources.htm.