

# STOCKING A HEALTHY PANTRY

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- Start by stocking the pantry a little at a time. If you don't have these things in your pantry, that's okay! Some easier swaps are things like brown rice for white rice or fruits and vegetables (canned/frozen) with nothing added instead of ones with added sugar, syrup, salt, sauces, or flavoring.
- A good investment is to build your spices and herbs selection. This will allow you to branch away from butter, sugar, salt, and oil as your primary source of flavoring.
- Buy items to stock the pantry when you see them on sale in the store. Buying in bulk can also save money in the long run.

Here are some examples of things to have on hand:

## WHOLE GRAINS

Barley (pearled and whole)  
 Oats (whole, rolled, and quick cook)  
 Wheat (bulgar and hard red)  
 Rice  
 Millet  
 Quinoa  
 Spelt (whole)  
 Popping Corn

## BEANS AND LEGUMES

Canned or bagged:  
 Black beans  
 Black-eyed peas  
 Garbanzos (chickpeas)  
 Kidney beans  
 Lentils (red, green, brown)  
 Navy Beans  
 Pinto Beans  
 White Navy Beans

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## DRIED HERBS AND SPICES

Allspice; Basil; Black Pepper; Cardamom; Cayenne;  
Celery seed; Cinnamon; Cloves; Cumin; Coriander; Curry  
powder; Dill; Garlic powder; Italian seasoning; Nutmeg;  
Nutritional Yeast Flakes; Onion powder; Oregano;  
Paprika/Smoked paprika; Parsley; Red pepper flakes;  
Rosemary; Sage; Tarragon; Thyme; Turmeric

## FLOURS AND BAKING INGREDIENTS

Flours: Whole wheat (pastry & bread flour); Wheat (unbleached white); Brown rice; Buckwheat; Cornmeal; Spelt

Baking ingredients: Baking powder; Baking soda; Cane sugar;  
Brown sugar; Cocoa powder; Cornstarch or arrowroot powder;  
Honey; Vanilla extract; Maple syrup (pure 100%); Molasses;  
Yeast (baking)

## MILK AND NON DAIRY MILK

Evaporated milk; Almond Milk; Coconut Milk  
Oat Milk; Rice Milk; Soy Milk

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## RAW NUTS OR SEEDS

Almonds  
Brazil nuts  
Pecans  
Pistachios  
Walnuts  
Pumpkin Seeds  
Sesame Seeds  
Flax Seeds  
(whole and ground)  
Sunflower Seeds

## NUT BUTTERS

Make sure your nut butters  
have no added salt or  
sweeteners.

Almond  
Peanut  
Cashew  
Tahini (sesame seeds)

## OILS, VINEGARS, AND CONDIMENTS

Olive oil  
Coconut oil  
Avocado oil  
Sesame oil  
Apple cider vinegar  
Balsamic vinegar  
Rice vinegar  
Red wine vinegar  
Cococut aminos  
Low-sodium tamari/soy sauce  
Sriracha  
Dijon mustard

## OTHER CANNED, DRIED, FROZEN GOODS

Applesauce (unsweetened)  
Canned pumpkin  
Canned or frozen vegetables  
Canned or frozen fruit  
Dried fruits (no added sugar)  
Vegetable broth/stock  
Bone broth  
Tomato paste  
Tomato sauce  
Salad dressings  
Long lasting vegetables: onions,  
garlic, potatoes, sweet potatoes,  
winter squash