



Good Nutrition Tips!

May - Stocking A Healthy Kitchen

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Essential Kitchen Tools

- ◆ Non-stick skillet, small and large saucepans
- ◆ Cutting board, vegetable steamer, strainer, baking dishes
- ◆ Can opener, peeler, measuring cups and spoons, wooden spoon or plastic spatula

The Refrigerator

- ◆ eggs or egg substitute
- ◆ Fresh fruits and vegetables
- ◆ Trans-fat free margarine
- ◆ Nonfat Greek yogurt
- ◆ Minced garlic
- ◆ Light salad dressings
- ◆ Low-fat cheese and dairy products

The Freezer

- ◆ Frozen vegetables
- ◆ Frozen meats
- ◆ Freeze extra bread
- ◆ Leftovers in individual containers
- ◆ Cooked grains

Pantry Basics

- ◆ Quick cooking grains (brown rice, pasta, quinoa, oatmeal, barley)
- ◆ Olive or canola oil
- ◆ Cooking spray
- ◆ Low sodium broth
- ◆ Low sodium soy sauce
- ◆ Canned diced tomatoes
- ◆ Onions and garlic
- ◆ Sweet and regular potatoes
- ◆ Maple Syrup, honey, or agave nectar
- ◆ Whole wheat and regular flour
- ◆ Canned beans
- ◆ Canned tuna and salmon
- ◆ Peanut or almond butter
- ◆ Dried fruit and nuts
- ◆ Spices and salt-free seasonings

Money Saving Meal Tips:

- ◆ Plan meals ahead of time.
- ◆ Check weekly circulars and plan your meals around sale items.
- ◆ Make and keep to your grocery list.
- ◆ Never go food shopping when you are hungry!
- ◆ Limit waste; only buy what you need for the week.
- ◆ Use less meat; eat more vegetarian sources of protein (e.g. dairy, soy, legumes, nuts)
- ◆ Buy generic!
- ◆ Eat foods that are in season
- ◆ Buy canned, frozen, and shelf-stable bulk foods
- ◆ Purchase “family packs” of meat; separate, wrap and freeze individual portions to use another day.
- ◆ Avoid individually packaged items, they are more expensive; buy larger packages and separate them yourself.