

Tips for Having a Well-Stocked Pantry

Shelf-stable and frozen foods to boost your nutrition.

Having a well-stocked pantry with nutritious shelf-stable and frozen foods is essential for maintaining a healthy and balanced diet. Whether you're faced with limited access to fresh ingredients or need convenient options for quick meals, these foods can be a valuable resource. This handout provides a list of nutritious shelf-stable foods and frozen foods to keep in your pantry for easy and healthy meal options.

Shelf-Stable Foods:

Whole Grains: Brown rice, quinoa, whole wheat pasta, oats, and whole grain cereals are excellent sources of fibre, vitamins, and minerals. They provide sustained energy and can be used in a variety of dishes.

Canned Proteins: Tuna, salmon, sardines, and chicken packed in water are rich in protein and healthy fats. They can be used in salads, sandwiches, or mixed with grains for a quick and easy meal.

Legumes: Canned or dried beans, lentils, and chickpeas are excellent sources of plant-based protein, fibre, and essential nutrients. They can be used in soups, stews, salads, or as a side dish.

Canned Vegetables and Fruits: Opt for low-sodium or no-added-sugar options. These can provide essential vitamins and minerals. Use them in stir-fries, soups, or as a side dish.

Nuts and Seeds: Almonds, walnuts, cashews, chia seeds, LSA, and flaxseeds are packed with healthy fats, protein, and fibre. They can be used as snacks or added to porridge, smoothies, stir-fries, or even salads.

Nut Butter: Peanut butter, almond butter, or sunflower seed butter are nutritious spreads rich in healthy fats and protein. Use them on whole grain bread, in smoothies, or as a dip for fruits and vegetables.

Frozen Foods:

Frozen Fruits and Vegetables: These retain their nutritional value and are versatile for smoothies, stir-fries, and side dishes. Kale, spinach, peas, edamame beans, broad beans, broccoli, carrots, cauliflower, even

Frozen Seafood: Fish fillets, prawns, and scallops are excellent sources of lean protein and omega-3 fatty acids. They can be quickly cooked for a nutritious meal.

Frozen Chicken or Red-Meat (Grass-fed): Frozen meats offer valuable protein and can be used in various recipes like soups, stir-fries, or grilled dishes.

Frozen Herbs and Seasonings: Frozen herbs, like coriander, basil, or parsley, can add flavour to your dishes without the need for fresh herbs. Frozen garlic, ginger, chili or even fresh lemon juice frozen in ice cubes can also be convenient flavour boosters.

Having a well-stocked pantry with nutritious shelf-stable and frozen foods ensures you always have healthy meal options on hand. Combine these pantry staples with fresh ingredients when available to create balanced and flavourful meals. Remember to check labels for added sugars, sodium, and other additives to make the healthiest choices possible.