

The Basic Shelf



Use the ideas below to help stock your pantry and freezer and make meal planning a breeze!

Vegetables and Fruit

Pantry

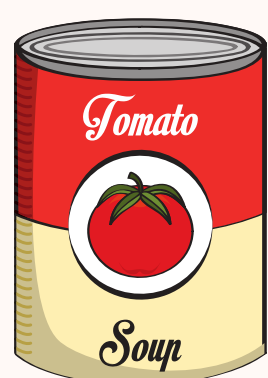
- Squashes
- Canned tomatoes
- Beets
- Onion
- No added salt or sugar canned vegetables and fruits

Freezer

- Frozen veggies (peas, carrots, corn, mixed veggies etc)
- Frozen fruits (berries, peaches, mangoes etc)

Long-keeping fridge foods

- Carrots
- Broccoli
- Cauliflower
- Apples
- Oranges



Protein Foods

Pantry

- Canned beans
- Dried beans and lentils
- Nuts
- Peanut butter
- Seeds
- Canned fish
- Milk powder
- Boxed soymilk



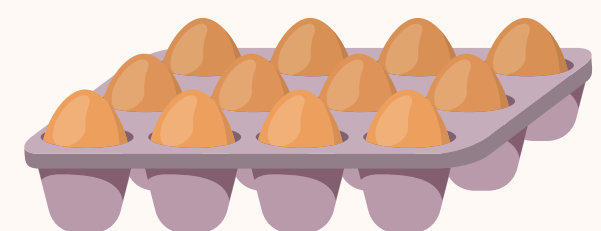
Freezer

Wild meat and

- store-bought meat
- Fish and seafood
- Cheese

Long-keeping fridge foods

- Eggs
- Cheese
- Tofu



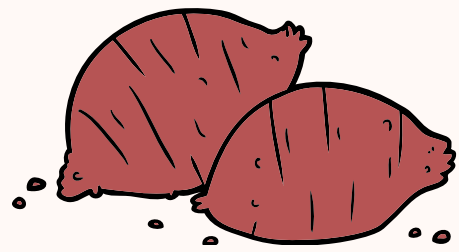
Turn over for more ideas



Carbs/Starchy Foods

Pantry

- Wild, parboiled and brown rice
- Wholewheat pasta
- Potatoes and sweet potatoes
- Barley
- Oats
- Wholewheat flour
- Cream of wheat
- Cereals



Freezer

- Wholewheat bread and wrap



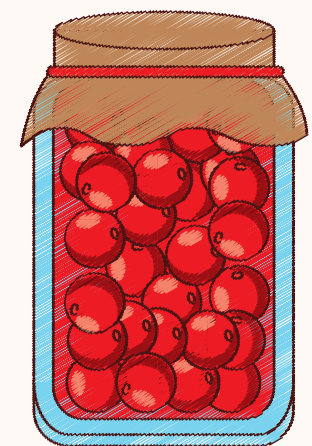
Sauces and condiments

Pantry

- Spices and dried herbs
 - Cooking oil
- Baking powder and
- baking soda
 - Vanilla
 - Low sodium soy sauce

Long-keeping fridge foods

- Ginger
- Onion
- Garlic
- Lemon
- Mustard
- Relish
- Chili/hot sauce



Tips for savvy shopping

- Plan meals first to make grocery shopping easier
- Try stocking up on essentials when they are on sale
- You can buy in bulk and divide packages into smaller portions to freeze for later
- Keeping emergency food on hand can help you get through illness or times when money is tight

For help with meal planning contact Wabano's dietitian Jasna at 613-748-0657 ext 285 or jrobinsonwright@wabano.com

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