Shelf-Stable Foods to Have on Hand!

**FRUITS & VEGGIES**
- **Tomato sauce, canned tomatoes** – versatile to serve with pasta, rice, or meat
- **Canned veggies** – low-sodium or no added salt; rinse veggies to remove extra sodium
- **Canned fruit** - packed in 100% juice or water
- **Applesauce** – buy unsweetened
- **Dried fruit** – raisins, prunes, dried cranberries – add to oatmeal, cereal, yogurt

**GRAINS**
- **Pasta** – choose whole-wheat for added fiber, protein, vitamins and minerals
- **Rice** – choose brown rice for added fiber, protein, vitamins, and minerals
- **Macaroni & Cheese** – add frozen veggies for added nutrition
- **Crackers** – choose whole-grain for added fiber and lower in sodium
- **Oatmeal** – power it up with a teaspoon of peanut butter and dried fruit
- **Breakfast cereals** – choose whole-grain cereals for added fiber and low-sugar cereals
- **Cereal/granola bars** – choose bars lower in sugar, and higher in protein and fiber

**PROTEIN FOODS**
- **Canned beans** – add to salads, serve with brown rice
- **Canned chili** – serve with rice and cheese
- **Canned tuna, salmon, and chicken** – make a tuna melt, chicken salad, or salmon patty
- **Peanut butter/nut butters** – spread on toast, add to oatmeal, spread on apple slices
- **Nuts** – peanuts, almonds, cashews – make a trail mix with cereal and dried fruit
- **Soups** – buy in a can or carton; choose heartier soups lower in sodium
- **Low-sodium chicken/beef broth** – add frozen veggies and beans to make soup
- **Bone broth** – chicken/turkey/beef – higher in protein than regular broths

**DAIRY FOODS**
- **Shelf stable milk** or shelf stable non-dairy milks, like soy or almond milk
- **Non-fat dried milk powder** – add water and use like regular milk
- **Canned evaporated skim milk** – use as cream in coffee or tea

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