



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

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

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



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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