



## Great Food Fast

# Keep Your Home Well-Stocked

Having a good supply of simple, nutritious foods in your cupboards, fridge and freezer ensures that you'll have everything you need to make meals in a hurry.

The following includes some of the key ingredients used to make quick and healthy recipes. Stock up on these items to get a head start on your meal making.

COVID-19 has shown how important food security and access to food is. Each time you shop buy a couple of extra cans of staples so that you have enough to make meals and snacks.

### In the cupboard

- **Beans and lentils, canned:** baked beans in tomato sauce, black beans, kidney beans, chick peas, lentils <sup>α</sup>
- Bread:** whole grain breads, rolls, pita bread, bagels, biscuit baking mix
- Cereals:** whole grain, quick rolled oats
- Condiments and flavourings:** mustard, ketchup, vinegar, soya sauce, bouillon cubes

**Fish:** canned tuna, salmon, herring, sardines <sup>α</sup>

**Flour:** [whole grain](#) and white, almond, coconut,

**Fruit, canned** (packed in own juice or light syrup): peaches, pears, pineapple, mandarin oranges, and applesauce

**Fruit, dried:** apricots, cranberries, figs, dates, raisins

**Herbs and spices:** basil, cinnamon, garlic, ginger, oregano, thyme, mint, nutmeg, pepper, turmeric

**Milk** canned evaporated, skim milk powered, plant based (almond, cashew, coconut, hemp, oat, pea, peanut, rice milk, and soy)

**Nuts, seeds, unsalted:** almonds, cashews, hazelnuts, macadamia, peanuts, pecans, pine nuts, pistachios, pumpkin, sesame, and walnuts

**Oil:** canola, corn, flaxseed, grapeseed, hemp, olive, peanut, safflower, soy, sunflower and walnut

**Pasta, whole grain:** bow-ties, fusilli, penne, rotini, spaghetti (higher fibre pastas include black bean, buckwheat, chickpea, konjac, lentil, soy)

**Pasta sauces:** prepared tomato and vegetable <sup>α</sup>

**Plant Proteins:** beans, chickpeas, edamame, lentils, nuts/nut butters, nutritional yeast, seeds/seed butters, quinoa, spirulina, soy, and tempeh

**Rice:** basmati, brown, wild, converted rice

**Sweeteners:** honey, jam, maple syrup, molasses, sugar, syrups

**Vegetables, canned:** asparagus, beans, beets, corn, mushrooms, olives, peas, pumpkin, tomatoes, spinach <sup>a</sup>

**Vegetables, fresh:** onions, potatoes

**Wheat bran and corn meal**

- <sup>a</sup> (lower sodium/salt when possible)

## On the counter

- Bananas
- Cantaloupe
- Grapes
- Pears
- Tomatoes

## In the fridge

- **Cheese:** cheddar, feta, goat, mozzarella, parmesan, ricotta
- **Eggs**
- **Fats:** non-hydrogenated margarines, butter
- **Fruit, fresh:** apples, berries, grapes, kiwi, oranges, pears
- **Meat and poultry:** beef, chicken, lean ground meat, pork chops (freeze if unable to use within 2 days of purchasing)
- **Milk:** skim, 0.5% or 1%, plant based (for children 2 years of age and up)
- **Plant Proteins:** beans, chickpeas, edamame, lentils, nuts/nut butters, nutritional yeast, seeds/seed butters, quinoa, spirulina, soy and tempeh
- **Vegetables:** broccoli, carrots, cauliflower, celery, lettuce, peppers, spinach
- **Yogurt:** plain, Greek and flavoured, plant based

## In the freezer

- **Bread:** pitas and tortillas
- **Frozen fish and seafood:** cod, salmon, trout, mackerel, herring, flounder, cooked shrimp
- **Fruit:** berries and other fruits
- **Seeds:** flax (ground), chia, hemp hearts, pumpkin, sesame, sunflower
- **Vegetables:** plain or vegetable blends, riced vegetables, spirals

Personalize this list by adding the ingredients for your favorite recipes.



Adapted from: Dietitians of Canada Great Food Fast.  
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