

Just The Facts: The Perfect Pantry

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May, 2015

Keep staple items on hand. In time you will find those items that are right for you and your family. Remember to keep it low in added fat, sodium and sugar.



Dry or Canned Foods

- Pasta
- Rice
- Spaghetti sauce
- Canned fruit
- Canned vegetables
- Canned beans
- Canned tuna or salmon
- Canned chicken

Freezer Items

- Chicken
- Ground beef
- Whole-grain bread
- Fruit
- Vegetables

Refrigerator Foods

- Bag salad
- Fruit
- Vegetables
- Milk
- Eggs
- Cheese

