

TEACHING TOOL DOWNLOAD

March

HEALTHY PANTRY ESSENTIALS FOR NATIONAL NUTRITION MONTH

We love keeping our pantries filled with healthy, shelf-stable food options that can lend themselves to easy, nourishing meals. Make sure to fill your cart with these healthy foods so you can create tasty, healthy meals.

CARBOHYDRATES

SweetPotatoes - Sweetpotatoes are a healthy starch option with a long shelf life, packed with nutrients. Sweetpotatoes can be stored for up to two weeks if in a cool, dry place, away from heat sources. Whether you choose to microwave, saute, bake or grill them, there are so many ways to enjoy Sweetpotatoes.

Whole grains - Whole grains like oatmeal, quinoa, farro and brown rice, are high in fiber, and also offer protein as well as varying amounts of micronutrients, like iron and B-vitamins. Mix in cooked sweetpotatoes and vegetables for an easy meal in a bowl.

Pasta - Whole wheat pasta is a budget-friendly and nutritious carbohydrate option that cooks quickly and is a great canvas for adding vegetables. This Sweetpotato and sage mac and cheese is perfect for a cozy, weeknight recipe! <http://bit.ly/2OJR8P8>

Flours - Whole wheat flour is a staple for baking. We keep this on hand for our Whole Wheat SweetPotato Zucchini Muffins <http://bit.ly/2tM24Vp>

FATS

Heart-Healthy Oils - Oils like olive oil, avocado oil and canola oil are great for sauteeing and can be used in making a simple salad dressing. You can season any dish with a little olive oil, from pasta, to sandwiches, to veggies and fish!

Nuts & Seeds - Almonds, walnuts, pistachios and pumpkin seeds offer healthy fats, fiber and protein to help keep you fuller for longer. Add them to salads or stirfries, or throw them into your sweetpotatoes for a little extra crunch.

PROTEINS

Canned tuna and salmon - Canned fish can be wonderful additions to any meal to increase protein intake and also add in healthy, omega-3 fatty acids. Add them to salads, stirfries or sandwiches!

Beans and legumes - Lentils and canned beans offer easy protein and fiber additions to several meal ideas, from stirfries to grain bowls, to soups and salads. Rinse them before using to reduce sodium by up to 25%.

FRUITS & VEGETABLES

Canned tomatoes - Canned tomatoes can be a flavorful addition to any pasta dish or soup. We recommend buying the no-salt-added versions.

Canned Vegetables - Similarly, canned vegetables, like peas, corn and beans, can be great additions to soups and stews and salads.

Dried Fruit - Raisins and other dried fruits, like cranberries, cherries and mango, can be great salad toppers, adding fiber and a sweet flavor. Or, combine with nuts, seeds and low-sugar cereal for a healthy trail mix.

