Healthy Pantry!

Shop for the right things, at the right price!

**Vegetables:** (fresh, canned or frozen)
- Spinach
- Broccoli
- Cucumber
- Snap Peas
- Bell Peppers
- Carrots
- Celery
- Squash
- Corn
- Onions
- Potatoes
- Sweet Potatoes

**Fruits:** (fresh, canned or frozen)
- Apples
- Bananas
- Cantaloupe
- Grapes
- Oranges
- Peaches
- Pears
- Tomatoes

**Dairy** - go for low-fat!
- Low-fat Cheese
- Low-fat Yogurt
- Low-fat Milk
- Fortified soy milk
- Low-fat String Cheese

**Bread/Grains** - go for 100% whole wheat!
- Whole Wheat Pitas/sandwich thins
- Wheat or Corn Tortillas
- English Muffins
- Brown Rice
- Oatmeal

**Condiments:**
- Mustard
- Vinegar
- Low-fat dressing
- Ketchup
- Salsa

**Snacks:**
- Pretzels
- “lite” popcorn
- Whole grain crackers
- Applesauce

**Meat, Fish, Protein:**
- Chicken
- Pork (tenderloin, 95%-98% fat-free)
- Canned Tuna
- Fresh/frozen fish fillets
- Shrimp
- Walnuts
- Almonds
- Lentils/Beans

**Beverages:**
- Coffee
- Tea
- Juice

**Kitchen Staples:**
- Baking Powder
- Baking Soda
- Balsamic Vinegar
- Bread
- Flour
- Honey
- Mustard
- Olive oil