

Top ITEMS TO STOCK IN YOUR KITCHEN



FRIDGE

- Eggs
- Milk and/or alternatives
- Fresh fruits and vegetables
- Salad greens
- Low fat yogurts
- Quick snacks
(hummus, dips, sliced turkey)
- Unsalted butter
- Condiments
(ketchup, mustard)
- Cheese
- Fresh garlic and ginger
- Lemons and limes
- Sparkling water



PANTRY

- Whole grain crackers or rice cakes
- Peanut or nut butter
- Oil (olive, canola, avocado)
- Vinegar (balsamic, red wine, rice wine)
- Whole grain pasta, oats, bulgar, couscous and quinoa
- High-fibre cereal
- Unsalted seeds and nuts
- Canned, unsalted tomatoes and beans
- Canned tuna, salmon, chicken or crab
- Spices
- Low sodium soya sauce
- Vegetable or chicken broth
- Popcorn kernels
- Pizza toppings
(sundried tomato, pesto, olives)
- Tea and coffee

FREEZER

- Whole grain bread, wraps, English muffins
- Frozen fruit
- Frozen vegetables
- Fish, shrimp, salmon
- Chicken, pork, beef, tofu
- Quiche shells
- Perogies
- Ravioli