

# HEALTHY GROCERY GUIDE FOR STOCKING YOUR PANTRY AND FREEZER

## GRAINS

Rolled Oats  
Quinoa  
Rice  
Barley  
Farro  
Pasta (whole grain, legume-based)

## LONG LASTING PRODUCE

Carrots  
Cabbage  
Winter Squash  
Celery  
Sweet Potato  
Potato  
Banana  
Onion  
Citrus Fruits  
Beet  
Radish  
Garlic

## CANNED/JARRED GOODS

Applesauce  
Fruit Cups (100% Fruit Juice)  
Artichokes  
Roasted Red Peppers  
Corn  
String Beans  
Petite Diced Tomatoes  
Plum Tomatoes  
Tomato Sauce  
Marinara Sauce  
Pickles  
Olives  
Black Beans  
Chickpeas  
Kidney Beans  
White Beans  
Lentils  
Chicken Broth (low sodium)  
Vegetable Broth (low sodium)

## DRY BAKING GOODS

Flour: White, Whole Wheat, Oat, Coconut, Almond  
Baking Powder  
Baking Soda  
Cocoa Powder  
Sugar: White, Brown, Coconut  
Chocolate Chips

## FROZEN

Fruit  
Vegetables  
Bread (whole grain, English muffins, flat bread)  
Pizza Crust  
Ready-to-eat meals  
Meat  
Grains  
Edamame

## OTHER

Dried Fruit      Nuts  
Nut Butter      Seeds  
Popcorn      Crackers  
Shelf- stable Milk

## SEASONINGS

Garlic Powder	Basil	Cumin
Black Pepper	Turmeric	Cilantro
Salt	Oregano	Parsley
Chili Powder	Vanilla Extract	

## CONDIMENTS/SPREADS

Oils: Olive, Sesame, Avocado  
Vinegars: Balsamic, Apple Cider, Red Wine, Rice  
Soy Sauce      Mustard      Hot Sauce      Salsa  
Pesto      Hummus      Ketchup      Chili Sauce