

HEALTHY ON THE JOB

Stocking Your Pantry for the Winter



When stocking your pantry for quarantine at home, consider stretching your dollars & maintaining good health by purchasing foods your family will enjoy. When shopping for your pantry decide to prioritize the items you need and are most likely to use in the next 6 months.

In the Pantry

Breakfast & Cereals

- Cereal (consider whole grain varieties)
- Oatmeal
- Pancake mix

Canned, Jarred, & Pouched Foods

- Fruits and vegetables (choose options without added sugar or salt)
- Meat, poultry, & seafood (fish, chicken, or other meats)
- Beans (pinto, black, garbanzo, kidney,)
- Soups (look for lower sodium varieties)
- Nut butter (peanut, almond)
- Dried fruit
- Sauces (tomato, spaghetti, pizza)
- Salsa
- Broth or stock (chicken, beef or vegetable)

Produce

- Onions
- Potatoes



MINDFULNESS SERIES

USEFUL RESOURCES



Rutgers Cooperative Extension

njaes.rutgers.edu



Get Moving - Get Healthy NJ

gmghnj.rutgers.edu



Get Moving - Get Healthy NJ Workforce

gmghnj.rutgers.edu/workforce



Family & Community Health Sciences Department

njaes.rutgers.edu/fchs

Grains, Pasta & Sides

- Bread (consider whole grain varieties)
- Tortillas or taco shells
- Pasta (consider whole grain varieties)
- Rice (include some whole grain rice, such as brown rice)
- Oats (old fashioned or rolled, quick, or steel cut)
- Lentils (any color variety)
- Pearled Barley (great when making soup)

Snacks

- Crackers (consider whole grain varieties)
- Popcorn
- Nuts (almonds, walnuts, etc.)

Baking & Cooking Supplies

- Instant nonfat dry milk
- Flour (consider whole grain)
- Sugar (white granulated, brown)
- Seasonings & spices (salt, black pepper, garlic, minced onion)
- Oil for cooking (such as olive, canola, vegetable)

Vinegar Condiments & Salad Dressings

- Ketchup
- Mustard
- Mayonnaise (choose a lower fat option)
- Salad dressing

In the Refrigerator

- Milk (fat-free or low-fat)
- Cheese (block, shredded, sliced, or string and consider lower fat options)
- Yogurt (fat-free or low-fat and choose options with fewer or no added sugars)
- Fruits
- Vegetables
- Butter or margarine

Disclaimer

Always consult a qualified medical professional before changing, starting, or stopping any part of your healthcare plan, including nutrition, physical activity, or exercise. Be sure to follow all work-place safety rules, procedures and policies, and check with supervision before conducting any exercises or recommendations contained in this newsletter while at work. Rutgers Cooperative Extension does not assume any liability for injuries or health concerns arising from participation in activities mentioned or outlined in this newsletter.

2017



In the Freezer

- Fruit
- Vegetables
- Meat & seafood (chicken breast, ground beef/turkey, pork loin chops, salmon, shrimp)
- 100% fruit juice concentrate
- Waffles (consider whole grain varieties)
- Breads (consider whole grain varieties)

Based on **University of Nebraska-Lincoln Cooperative Extension's Basic Foods Checklist: How to Stock Your Kitchen for Simple Meals-**

<https://food.unl.edu/article/basic-foods-checklist-how-stock-your-kitchen-simple-meals>





More Resources....

choosemyplate.gov

njaes.rutgers.edu/health

getmovinggethealthynj.rutgers.edu

Family & Community Health Sciences
Healthy Recipes

vimeo.com/getmovinggethealthynj/videos

Explore our healthy recipe videos!

EatingWell.com has lots of healthy recipes.

Mayo Clinic Healthy Recipes

mayoclinic.org/healthy-lifestyle/recipes

The Food Network's Healthy Dinners in
40 Minutes or Less

foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less

More Resources

[What to Stock up Without Being a Hoarder](#)

[How to Prepare for the COVID Surge](#)



Joanne Kinsey, M.S., CFCS
Family & Community Health Sciences
Educator
Rutgers Cooperative Extension of
Atlantic/Ocean Counties
6260 Old Harding Highway
Mays Landing, NJ 08330
P609.625.0056
F609.625.3646

jkinsey@njaes.rutgers.edu
www.rutgers-atlantic.org
www.njaes.rutgers.edu