

TIPS TO CONSIDER WHEN STOCKING YOUR PANTRY

Wellness Tips

When it comes to eating healthy, it's important to keep nutritious essentials in stock at all times. There are always days that we may not feel like preparing something big, or we just want a snack, so there should always be healthy options in stock. It can be challenging to know what to buy with a high nutritious value that also has a long shelf life. Here are some smart options of foods that are high in fiber, vitamins, minerals, and antioxidants.

ITEMS TO KEEP IN STOCK



Black or kidney beans, chickpeas



Crackers, rice cakes, whole grain pasta, brown rice, whole grain bread



Sweet potatoes have a shelf life from 1-3 months



With a longer shelf life: onions, carrots



Almonds, walnuts, cashews, peanut butter, almond butter



Fruit, vegetables, meat, pre-made healthy meals



Yogurt, shelf-milk, low-fat cheese



Fish, chicken, soup (low-salt)

FOODS TO BOOST IMMUNITY



#ibpwellnesstips
Healthier Together

Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.

References: <https://nutrition.org/the-role-of-nutrition-in-supporting-the-immune-system-relative-to-coronavirus-covid-19/>
<https://www.pennmedicine.org/cancer/about/focus-on-cancer/2020/april/nutritional-foods-to-stock-your-pantry-during-covid19>
<https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine>

RECIPES FROM YOUR PANTRY



Add nuts or fruits



If your fruit and yogurt are nearing expiration, mix them up



Chickpeas



Beans

To make life a little easier, try to plan ahead so that you have all of the necessary items in stock for recipes you want to try out.

It can be challenging to come up with new ideas or a variety of ways to use items in your pantry. Try some of the ideas above when you are looking to change it up.

