Getting Started with Home Cooking

With a little planning and some basic ingredients, you can cook meals at home. By keeping these simple foods on hand, there are many delicious and nutritious recipes you can make.

**Basic Pantry/Cupboard Ingredients**
- Canned tomatoes
- Canned beans & lentils
- Canned light tuna and salmon
- Whole wheat pasta
- Brown rice
- Whole grain cereal
- Oatmeal
- Vegetable oil
- Flour (whole wheat)
- Baking powder & soda
- Nuts & seeds (and nut & seed butters)
- Herbs & spices (like basil, garlic, oregano, chili powder, cinnamon)
- Sugar
- Low sodium soup broth

**Basic Freezer Ingredients**
- Frozen vegetables (corn, peas, mixed vegetables, etc.)
- Frozen fruit (berries, fruit salad, bananas, etc.)
- Whole wheat bread / buns / tortillas / pita bread
- Fresh frozen meat
- Fresh frozen fish
- Leftovers

**Basic Fridge/Perishable Ingredients**
- Onions
- Carrots
- Celery
- Bell peppers
- Broccoli
- Potatoes
- Apples
- Bananas
- Milk
- Cheese
- Yogurt
- Eggs
- Soft margarine or butter
- Condiments (like mustard, relish, salsa, sour cream)

**What can I make with these foods?**
- tuna casserole, bean burritos, stir-fry with rice, vegetarian chili, egg strata, frittata, spaghetti and meat sauce, chickpea curry, chicken noodle soup, stew, omelets, pita pizzas, pulled pork sandwiches, smoothies, banana loaf, oatmeal raisin cookies, blueberry pancakes, apple cinnamon oatmeal muffins