

Nutrition for Early Learning and Child Care

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES



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

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

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)