



Stock the Kitchen

The following items make it easier to pull together meals that satisfy hunger and promote health while minimizing the impact on the environment!

PANTRY/CUPBOARD

Oats (rolled, and steel-cut, if desired)

Brown Rice

Other Whole Grains (quinoa, farro, wild rice, forbidden rice, etc.)

Black Beans

Chickpeas

Other Beans, canned or dried (pinto, kidney, cannellini, great northern, navy, etc.)

Red Lentils

Green or Brown Lentils

Pasta (whole wheat, lentil)

Marinara Sauce

Canned Tomatoes, diced or crushed

Tomato Sauce

Tomato Paste

Salsa

Spices (cumin, chili powder, garlic powder, onion powder, paprika, oregano, basil, Italian seasoning, curry powder, turmeric, pepper, cinnamon)

Peanut Butter

Tahini

Raisins

Dates

Maple Syrup

Applesauce

Cocoa Powder

Baking Powder

Baking Soda

Whole Wheat Pastry Flour

Dairy-free chocolate chips

Onions

Potatoes (red, gold, etc.)

Sweet Potatoes

Vinegars (balsamic, white, ACV)

Soy sauce or Tamari

Veggie Broth

Nutritional Yeast



Stock the Kitchen

The following items make it easier to pull together meals that satisfy hunger and promote health while minimizing the impact on the environment!

REFRIGERATOR/FREEZER

Apples

Lemons, Limes, Oranges

Berries (fresh or frozen)

Bananas (fresh or frozen)

Leafy Greens

Bell Peppers

Cucumbers

Carrots

Broccoli

Cauliflower

Mushrooms

Seasonal Veggies and Favorites!

Whole Wheat or Corn Tortillas

Whole Grain Bread

Sourdough Bread

Non-Dairy Milk (soy, oat, almond, etc.)

Mustard (yellow, dijon, etc.)

Tofu

Frozen Corn

Frozen Assorted Veggies

Frozen Fruit (for smoothies)

Nuts (cashews, pecans, walnuts, etc.)

Seeds (pumpkin, sunflower, etc.)

Flaxseed