



# A nutrition Fact Sheet



## Pantry Possibilities Plus

### TIPS FOR BUILDING A PANTRY

1. Purchase extras of the items listed below when they are on sale.
2. Choose canned and dry foods that have a long shelf life and can be stored safely for long periods of time.
3. Stock up on foods your family likes best.
4. Choose a variety of foods so you can put together a meal from what is in your pantry.

#### **Canned Foods**

Vegetables  
Fruits  
Soups  
Tomato Sauce  
Tomato Paste  
100% Fruit or Vegetable Juice

#### **Refrigerator Foods**

Eggs  
Butter  
Cheese  
Condiments

#### **Packaged Foods**

Whole Wheat Flour  
Dry Milk  
Salt  
Baking Powder  
Baking Soda  
Cornstarch  
Whole Wheat Pasta  
Brown Rice  
Dry Soup Mix  
Whole Grain Cereal  
Whole Grain Crackers  
Whole Grain Pancake Mix  
Whole Grain Bread  
Peanut Butter  
Sugar

#### **Other Foods**

Oil  
Vinegar  
Vanilla  
Cinnamon  
Chili Powder  
Dry Onions  
Garlic Powder  
Italian Seasoning  
Bouillon

#### **Frozen Foods**

Vegetables  
Fruit  
Lean Ground Meat  
Fish  
Chicken, Turkey  
Whole Grain Bread

## Kitchen Storage Facts: How long will it last?

Everyone hates to throw out food. But sometimes it's the right thing to do – because food can turn bad before it smells funny or looks strange. Foods maintain their quality, safety, and nutrients when they are stored properly and used within a certain time. Here's how to get the most out of your food dollars by storing your food properly. (If you don't have a thermometer in your refrigerator and freezer, you may want to purchase one.)

### **IN THE REFRIGERATOR**

Keep temperature between 34°F and 41°F.

#### **Fresh Foods**

(in original wrapping)

Ground meat and poultry	1-2 days
Meats and open lunch meat	3-5 days
Unopened lunch meats	2 weeks
Eggs (uncooked) in shell	3-5 weeks

#### **Leftovers**

(wrapped in plastic or in covered containers)

Poultry covered with broth or gravy	1-2 days
Cooked meat and poultry dishes	3-4 days
Pizza	3-4 days
Egg, tuna, macaroni, or potato salad	3-5 days

### **IN THE FREEZER**

Keep temperature below 0 °F.

*Note: These freezer time periods are for **food quality** rather than food safety.*

Cooked meat and meat dishes	2-3 months
Fresh frozen hamburger or stew meat	3-4 months
Fresh frozen pork roasts and chops	4-6 months
Fresh frozen beef roasts, chops, steaks	6-12 months
Fresh frozen chicken or turkey pieces	9 months
Fresh frozen whole chicken or turkey	1 year
Frozen dinners or casseroles	3-4 months

### **IN THE CUPBOARD**

Canned and packaged food                      Check label

### **Here are the keys to safe dry storage:**

- Keep food away from heat-producing appliances, like ovens and at least 6 inches off the ground.
- Arrange older cans and packages in front for first use.
- Store opened food like pasta in dry airtight containers.
- Never store food near kitchen chemicals, cleaning products, or trash.
- Never use food from cans that are cracked, bulging, or leaking.

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