



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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**For more on storing food properly, go to:
www.foodsafety.gov**

Contact Us

Visit www.buyeatlivebetter.org
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This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.