Basic Foods. . . For a Well-Stocked Kitchen

- What foods do you like to have on-hand for a last minute meal or snack?
- Take a look at the lists below and write in your own ideas and favorite foods.

Foods to Make a Quick Meal

- Fast cooking grains
  My favorites: _____
- Canned soups
  My favorites: _____
- Canned beans
  My favorites: _____
- Veggies (canned, frozen or fresh)
  My favorites: _____
- Flavorings and spices
  My favorites: _____
- Meat and protein foods
  Eggs
  Canned tuna
  Peanut butter
  My favorites: _____

Grab and Go Foods

- Fresh fruit
  My favorites: _____
- Dried fruit
  My favorites: _____
- Raw veggies
  My favorites: _____
- Cheese
  My favorites: _____
- Crackers
  My favorites: _____
- Bread
  My favorites: _____

Just Say Yes to Fruits and Vegetables

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NJSNAP-Ed eat healthy. be active.