Stock up with… Staple Foods

Store these basic foods in your pantry to make quick and easy meals and snacks.

Fruits and Veggies		Fresh, frozen, canned and dried fruits and vegetables are all great choices. Select fresh produce when in season.
Whole Grains		Oats, bulgur, 100 percent whole grain pasta and cornmeal are quick cooking whole grains. Make brown rice when you have more time. Use 100 percent whole grain breads, tortillas and crackers.
Protein Foods		Add lean proteins to your meals. Choose: ✓ eggs ✓ canned fish, such as tuna or salmon ✓ nut butters, such as peanut butter ✓ dried, low-sodium or no salt added canned beans ✓ nuts and seeds ✓ legumes, such as lentils
Low-Fat Dairy		Keep low-fat string cheese, low-fat plain yogurt and low fat milk in the refrigerator. With fresh fruit, all make great snacks.
Herbs and Spices		Store a variety of dried herbs and spices in a cool, dark place so they last longer.
Other Ingredients		Keep vegetable oils, vinegars, low-sodium soy sauce, low-sodium or no salt added broths, and low-sodium or no salt added canned tomatoes on hand to make meals in a hurry.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc
For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."
For healthy recipes, visit jsyfruitveggies.org.

NYC Health
Just Say Yes to Fruits and Vegetables

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