

# How to Stock Your Kitchen

By stocking your kitchen with healthy essentials and meal builders that you use frequently, nutritious meals with plenty of variety and flavor can be easier to put together quickly.



## Organization

- **A useful way to organize your kitchen is to zone your foods**—pantry, refrigerator, freezer, basket (countertop or pantry).
- **Place like items together**—baking supplies together, pasta and grains together, and canned vegetables next to canned meats (see the chart below).

## Food on sale

At the grocery store, look for clearance and sale items that you will use frequently, such as peanut butter, nut butters, oats, cereal, eggs, and milk.

## Containers and bins

- When organizing your pantry, place your pasta, sugars, flour, and grains in clear containers so you can see when you're getting low.
- Depending on your pantry or cabinet space, stackable containers may be useful.
- Reusable containers (plastic or glass) are sturdier and in the long run, more economical than bags.

## Shelving

If storage is an issue in your home invest in hanging shelving and be creative. For instance, hang a spice rack on your pantry door or use a cart as a mobile pantry.

## Cleanouts

Before you go shopping, reorganize your pantry to get a better idea of things you need.

When cleaning out your pantry, remember your refrigerator and freezer need the same care.

## Kitchen stuffers

### Pantry

Pasta, rice, grains  
Dried fruit  
Low salt stock, broth  
Oils, vinegars  
Dried beans, lentils  
Canned fish and meats  
Flour, oats, spices  
Canned no-salt tomatoes  
Nuts, peanut butter

### Refrigerator

Butter  
Milk  
Eggs  
Garlic, peeled  
Lemons  
Squash

### Freezer

Frozen fruit  
Frozen vegetables  
Lean meat  
Herbs  
Leftovers  
Corn tortillas  
Vegetable scraps for stock

### Basket

Onions  
Head of garlic  
Root vegetables  
Avocado  
Bananas  
Fruit to ripen  
Sweet potatoes

