Dry Storage Listing

Canned no-salt-added veggies:
- corn, black beans, cannellini beans, tomatoes, olives, green beans, garbanzo beans, kidney beans, plain tomato paste & sauce, low sodium vegetable juice

Canned fruits that are packed in 100% juice or water:
- fruit cups packed in 100% juice

Plain applesauce/pureed fruit blend pouches and unsweetened applesauce cups

Low sodium & unsalted broths/stocks
- in chicken, vegetable & beef

Pasta/pizza sauces
- with less than 8gm of sugar per serving

Shelf-stable unsweetened Almond milk or Soy milk
- can be unsweetened Original or Vanilla flavored

Whole wheat pastas & grains:
- penne pasta, spaghetti, rotini, brown rice, wild rice, quinoa, millet, couscous

Whole wheat breads & crackers:
- plain whole wheat crackers (such as Triscuits), whole wheat pizza crust (ready to bake), 100% whole-wheat English muffins, whole wheat tortillas, bagel thins & sandwich thins (can extend their shelf life if placed in the fridge)

Dry (cool) storage/counter veggies:
- onions, sweet potatoes, white potatoes, butternut, acorn and spaghetti squash, tomatoes, garlic, shallots

Counter fruits:
- bananas, peaches, pears, plums, avocados, mangos, melons (only until ripe then store in fridge, except for bananas)

Dried fruit & nut bars
- with less than 5gm of sugar per serving (example: Kind)

Plain no-sugar added dried fruit:
- raisins, apricots, prunes, reduced sugar dried cranberries

Unsalted nuts & seeds:
- walnuts, almonds, pistachios, peanuts, sunflower seeds, pumpkin seeds, pine nuts, pecans

Salt-free seasonings, dried herbs & spices

Oils:
- extra virgin olive oil, canola oil, sesame seed oil, grapeseed oil and olive oil cooking spray

Vinegars:
- white wine vinegar, balsamic, red wine, apple cider and rice vinegar

Panko bread crumbs
- and whole wheat plain bread crumbs

Dry/semi-dry red & white wines
- for cooking

Tea/water/sparkling water:
- club soda, La Croix sparkling waters, Perrier water, unsweetened green teas or herbal teas

* Also can add a splash of 100% Juice or fruit for a hint of flavor to water/sparkling water

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Healthy Stocked Freezer

**Milk or Milk alternatives:**
- Skim or 1% milk, calcium fortified unsweetened Almond milk and calcium fortified unsweetened Soy milk

**Proteins (use meal planning to avoid spoilage):**
- Omega-3 eggs, 100% liquid egg whites, chicken or turkey breast, lean ground meats above 90% lean, Salmon, Tilapia, Cod
- Italian turkey sausage

**Whipped butter**
- or trans-fat free tub oil/butter blends

**Yogurt/probiotics:**
- 0% fat plain Greek yogurt or plain non-fat yogurt, plain non-fat Kefir and plain Kombucha (shoot for less than 6 gm of sugar per serving for Kombuchas)

Choose seasonal fresh fruits and veggies
(local when available):
- Carrots, Celery, Apples, grapes, Lemons, Limes, Mushrooms, Spinach, Kale, Sugar Snap Peas, Green Onions, Clementines, Ginger root, berries, mini Sweet Bell Peppers, Zucchini, Asparagus, Broccoli, Cauliflower, etc.

**Cheeses:**
- Reduced fat slices & block cheese, Feta, fresh Mozzarella & Parmesan, string cheese

**Condiments:**
- fresh salsa, natural peanut butter (you must stir to incorporate oil before placing in fridge), low sodium soy sauce/stir-fry sauces, prepared Guacamole, Hummus, Mustards, sundried tomato pesto, Tabasco, prepared Horseradish, Greek yogurt based salad dressings, etc.

**Plain frozen fruits & veggies:**
- steamer bags of Green Beans, Asparagus, Broccoli, Sugar Snap Peas, Spinach, California blend veggies, Cauliflower “rice,” plain mixed berries, plain tropical fruit blend, Mango, Strawberries, etc.

**Frozen soup & stir-fry veggie blends:**
- Sugar Snap Pea stir-fry blend, Asparagus stir-fry blend, Stew veggies blend, Carrot/Cori/Pea blend for homemade Pot Pies.

**Prepared Guacamole & homemade Pesto**
- Freezes well up to 5-6 months

**Sprouted grain breads and English muffins**
- They don’t have any preservatives and must be kept in freezer until use

**Frozen whole grains:**
- whole grain dinner rolls & waffles
- Compare brands to find ones with the most fiber, least amount of sodium/sugar

Frozen Seafood:
- Tilapia, Shrimp, Scallops, Wild Salmon, Orange Roughy, Cod, Crab Legs, Tuna, Swai

Frozen Poultry:
- plain boneless skinless Chicken & Turkey Breast, frozen Turkey breakfast sausage

Frozen Beef and Pork:
- Top Sirloin, 97% lean Ground Beef, plain Pork Loin for crockpot meals or roast, stick to “round” or “loin” cuts of red meat

Frozen veggie-based products:
- Veggie & Black bean burgers, Veggie breakfast sausage, etc

Healthy Stocked Fridge

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HOPE DANIELSON - Director of Health & Wellness
217.221.5629 | hdanielson@niemannfoods.com

MELANIE KLUZEK - Registered Dietitian
217.546.8537 | mkluzek@niemannfoods.com

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