

BUILDING A SMART PANTRY

Carnegie
Mellon
University
Dining
Services

Always check your pantry first! A smart pantry will help you prepare a quick and healthful meal in a pinch. Stock-up on shelf-stable and frozen staples when they are on sale!



DRY STAPLES

Whole grain crackers	Pasta sauce	Peanut butter
Whole grain tortillas	Canned or dry beans	Nuts
Whole grain bread	Canned vegetables	Dried fruit
Whole grain cereal	Canned tomatoes	Onions
Whole grain pasta	Canned or tuna pouches	Potatoes
Brown rice/quinoa	Broth/stock	Winter squash
Oatmeal	Soup	Garlic
Granola		



FROZEN STAPLES

Frozen fruit
Frozen vegetables
Frozen protein: salmon, chicken, veggie burgers
Frozen whole grain waffles



REFRIGERATOR STAPLES

Yogurt
Cheese
Eggs
Milk or dairy alternatives



FLAVOR STAPLES

Cinnamon	Garlic powder	Honey or agave syrup
Chili powder	Onion powder	Vingars and lemon juice
Cumin	Dried herbs	Soy sauce
Cayenne pepper	Vanilla extract	Dijon mustard
Red pepper flakes	Extra virgin olive and canola oil	Mayonnaise
Curry powder		Hot sauce