Healthy Home Pantry Kit

An integral part of the Cooking Matters course is meal planning, food budgeting, stocking a healthy home pantry, and cooking without a recipe. These core ingredients provide families with the basics to create nutritious, delicious meals.

Please place items in a reusable grocery bag.

Whole Wheat Pasta
Whole Wheat Tortillas (non-refrigerated)
Whole Wheat Flour
Oatmeal (canisters)
Tomato Sauce
Diced Tomatoes (low sodium)
Black Beans, Kidney Beans
Canned Pumpkin
Dried Cranberries
Any nuts or seeds (no peanuts, please)
Chili Powder
Cumin
Garlic Powder
Paprika