



Healing Hunger. Strengthening Our Future.

## 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