

Basic Foods. . . For a Well-Stocked Kitchen

- What foods do you like to have on-hand for a last minute meal or snack?
- Take a look at the lists below and write in your own ideas and favorite foods.

Foods to Make a Quick Meal

- Fast cooking grains
My favorites: _____
- Canned soups
My favorites: _____
- Canned beans
My favorites: _____
- Veggies (canned, frozen or fresh)
My favorites: _____
- Flavorings and spices
My favorites: _____
- Meat and protein foods
Eggs
Canned tuna
Peanut butter
My favorites: _____



Grab and Go Foods

- Fresh fruit
My favorites: _____
- Dried fruit
My favorites: _____
- Raw veggies
My favorites: _____
- Cheese
My favorites: _____
- Crackers
My favorites: _____
- Bread
My favorites: _____