



Pantry Possibilities

TIPS FOR BUILDING A PANTRY

1. Purchase extras of the items listed below when they are on sale.
2. Choose canned and dry foods that have a long shelf life and can be stored safely for long periods of time.
3. Stock up on foods your family likes best.
4. Choose a variety of foods so you can put together a meal from what is in your pantry.

Canned Foods

Vegetables
Fruits
Soups
Tomato Sauce
Tomato Paste
Juices

Refrigerator Foods

Milk
Eggs
Butter or Margarine
Cheeses
Condiments

Packaged Foods

Flour
Sugar
Dry Milk
Salt
Baking Powder
Baking Soda
Cornstarch
Noodles
Spaghetti
Rice
Dry Soup Mix
Cereal
Crackers
Pancake Mix
Bread
Peanut Butter

Other Foods

Oil
Vanilla
Cinnamon
Chili Powder
Dry Onions
Garlic Powder
Italian Seasoning
Instant Chicken Bouillon

Frozen Foods

Vegetables
Fruit Juice
Ground Meat
Bread

Kitchen Storage Facts: How long will it last?

Everyone hates to throw out food. But, sometimes it's the right thing to do – because food can turn bad before it smells funny or looks strange. Foods maintain their quality, safety and nutrients when they are stored properly and used within a certain time. Here's how to get the most out of your food dollar by storing your food properly.

IN THE REFRIGERATOR: Keep temperature between 34°F and 40°F.

LEFTOVERS

(wrapped in plastic or in covered containers)

Poultry covered with broth or gravy..... 1-2 days
Cooked meat and poultry dishes..... 3-4 days
Pizza..... 3-4 days
Egg, tuna, macaroni or potato salad 3-5 days

FRESH FOODS

(in original wrapping)

Ground meat and poultry..... 1-2 days
Meats and open lunch meat 3-5 days
Unopened lunch meats 2 weeks
Eggs (uncooked) in shell 3 weeks

IN THE FREEZER: Keep temperature below 0 °F.

Cooked meat and meat dishes 2-3 months
Frozen dinners or casseroles 3-4 months
Fresh frozen hamburger or stew meat 3-4 months
Fresh frozen pork roasts and chops..... 4-6 months
Fresh frozen beef roasts, chops, steaks... 6-12 mths
Fresh frozen chicken or turkey pieces 9 months
Fresh frozen whole chicken or turkey..... 1 year

IN THE CUPBOARD: Temperatures between 50°F and 70°F are best.

Most canned and packaged food 1 year

Here are the keys to safe dry storage:

- Keep food away from heat-producing appliances, like ovens.
- Arrange older cans and packages in front for first use.
- Store opened food, like pasta, in dry airtight containers.
- Never store food near kitchen chemicals, cleaners or trash.
- Never use food from cans that are cracked, bulging or leaking.

For more on storing food properly, click on:

www.foodsafety.gov

Provided by Eat Right Montana

Contact Us

Visit www.msuextension.org/nep
for more information.

Nutrition Education Programs
SNAP-Ed / EFNEP

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