



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.

PACKAGED FOODS	CANNED FOODS	REFRIGERATOR FOODS
Whole Wheat Flour	Vegetables	Eggs
Dry Milk	Fruits	Butter
Salt	Soups	Cheese
Baking Powder	Tomato Sauce	Condiments
Baking Soda	Tomato Paste	
Cornstarch	100% Fruit or Vegetable Juice	OTHER FOODS
Whole Wheat Pasta		Oil
Brown Rice	FROZEN FOODS	Vinegar
Dry Soup Mix	Vegetables	Vanilla Extract
Whole Grain Cereal	Fruit	Cinnamon
Whole Grain Crackers	Lean Ground Meat	Chili Powder
Whole Grain Pancake Mix	Fish	Dry Onions
Whole Grain Bread	Chicken	Garlic Powder
Peanut Butter	Turkey	Italian Seasoning
Sugar	Whole Grain Bread	Bouillon



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EXTENSION

Kitchen storage facts: How long will it last?

Nobody likes 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 food dollars by storing your food properly.

Note: If you do not have a thermometer in your refrigerator and freezer, you may want to purchase

In the refrigerator

Keep temperature between 34°F and 40°F

FRESH FOODS

(in original wrapping)

Ground meat & poultry	1-2 Days
Meats & open lunch meat	3-5 Days
Unopened lunch meats	2 Weeks
Eggs (uncooked) In shell	3-5 Weeks

LEFTOVERS

(wrapped in plastic or in a covered container)

Poultry covered with broth/gravy	1-2 Days
Cooked meat & poultry dishes	3-4 Days
Pizza	3-4 Days
Egg, tuna, macaroni, or potato salad	3-5 Days



In the freezer

Keep temperature below 0 °F.

Cooked meat and meat dishes	2-3 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 Months
Fresh frozen chicken or turkey pieces	9 Months
Fresh frozen whole chicken or turkey	1 Year
Frozen dinners or casseroles	3-4 Months

Note: These freezer time periods are for food quality rather than food safety.

Tips for safe dry storage

- Keep food away from heat-producing appliances, like ovens and at least 6 inches off the ground.
- 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, cleaning products, or trash.
- Never use food from cans that are cracked, bulging, or leaking.

