

Hannaford.com Eat Healthy Kitchen Essentials

Healthy ingredients to have on hand:

Spices:**

Basil
Chili powder
Crushed red pepper
Cinnamon
Cumin
Curry powder
Dill
Nutmeg
Pepper
Sage
Salt
Oregano

Pantry:

Baking powder
Baking soda
Broth - chicken or vegetable
Canned beans - black, chick peas, kidney, pinto, refried
Canned tomatoes - crushed and diced
Canned tuna
Dried fruit
Honey
Lentils - brown, red
Light brown sugar
Maple syrup - 100% real
Mustard
Nuts - walnuts, peanuts
Oil - olive and canola
Panko bread crumbs
Peanut butter
Popcorn kernels
Pure vanilla
Rice
Rolled oats
Sugar
Sunflower seeds
Vinegar - balsamic, cider, white wine
White whole-wheat flour
Whole-grain pasta

Fresh:

Buttery spread (with flax oil or olive oil)
Carrots
Celery
Eggs
Garlic (freeze peeled garlic cloves)
Lemon (or lemon juice)
Milk - cow's, almond, soy or rice
Onions (cut and freeze onions for easy use)
Plain yogurt
Potatoes
Shredded cheese

Frozen:

Bread
Chicken
Frozen fruit
Frozen vegetables - peas, spinach, corn, edamame
Ground hamburger - 90% lean
Tortillas

*Based on USDA Food Plans: Cost of Food at Home. See www.usda.gov for more information. Prices vary by market.

**These spices are great to have in your pantry, and are not listed in the shopping list for this weeks menu

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