



Basic Pantry Shopping List & Resources

louisville.edu/healthpromotion 502-852-5429

MODIFY this list to reflect your recipes, food preferences, budget and storage space.

- ✓ CHECK categories you will shop for and then CIRCLE the specific items you will put in your cart.

Refrigerated Items:

- Fresh vegetables (local & sustainably grown) that display dark colors: carrots, dark green lettuce, kale & spinach, mushrooms, tomatoes, peppers, broccoli, asparagus, sweet potatoes
- Fresh fruit
- Eggs
- Cheese - cheddar, cottage cheese, mozzarella, parmesan
- Milk (soy, almond, oat or cow)
- Yogurt – plain (you add fruit, sweetner)
- Fresh meat, poultry, fish or soy tofu/tempeh
- Tortillas
- Condiments & dressings – salsa, jam, ketchup, mustard, nut butter, salad dressing

Freezer Items:

- Frozen fruit – berries and bananas
- Frozen vegetables
- Frozen meat or other smart protein – chicken, fish, tofu

Cupboard Items:

- Canned foods – beans (garbanzo, black, kidney), soup, fish (tuna and/or salmon), diced tomatoes
- Wholegrain breads and grains - bagels, bread, cereal, oatmeal, polenta, crackers, granola bars, dried pasta, pretzels, rice, quinoa, freekah, whole grain pancake mix,
- Assorted spices and herbs - basil, bay leaf, cinnamon, curry powder, garlic, salt, ginger, nutmeg, oregano, pepper, spice mixes are OK if not mostly salt
- Sugar and/or honey, vanilla extract
- Olive oil, red wine vinegar, balsamic vinegar
- Nuts – almonds, walnuts
- Sauces - pasta sauce, soy sauce, tomato sauce
- Dried fruits – raisins, plums, apricots
- Vegetables - garlic, olives, onions, sweet potatoes

Items for Specific Recipes:

4 Key Nutrition Concepts

- ✓ Nutrient Density: quantity & variety of nutrients in food portion compared to energy content. Tip: fruits, vegies, legumes are nutrient-dense.
- ✓ Caloric Density: energy content (calories) relative to portion size. Tip: juices, meat, cheese are calorie-dense.
- ✓ Portion Determination: match how much you eat to your personal health and weight goals. Tip: refer to *Handy Portion* card.
- ✓ Local & Sustainable: Eat food sourced locally and grown sustainably. Tip: shop farmers' markets!

Tip for creating Smart Plate: aim for 80% of your choices to be nutrient-dense foods

WHY should you have your kitchen stocked with Basic Pantry items?

Whether you are a novice or expert cook, a poor student, or a rich entrepreneur, a well-stocked pantry makes it easier to create quick and nutritious meals. The food you have on hand largely determines how healthfully you will eat, so wisely stocking your pantry is a step towards good health. Make eating the healthy choice the EASY choice!

Eating healthfully is a challenge to college students who must balance heavy work loads with healthy choices, mandated food plans and limited cooking facilities. As a result, students often consume diets that are deficit in key nutrients AND are too calorie dense. In addition, many students lack the basic skills to plan, shop, prepare, and safely store meals.

Survey Data from UofL Students (NCHA Survey 2010)

92% agree with the statement "I know what it means to eat a 'healthy, balanced diet' but only 5% of participants reported consuming the recommended five or more fruits and vegetables/day

Barriers identified by students:

- Availability of foods on or close to campus (92%)
- Time (77%)
- Food preparation skills/knowledge (32%)

Basic Pantry Program Goal: Increase quality of students' nutrition IQ, cooking skills and nutritional intake which will positively impact their health status, resilience, academic performance and overall well-being.

Basic Pantry Program Objectives:

1. Identify and overcome the barriers that hinder students from making healthy food choices: dining services policies; environmental access to well-priced and high quality groceries; and educational resources so that making healthy choices are also the easy choices.
2. Provide grocery store tours that improve confidence in their food-selection skills and transportation skills.
3. Provide cooking workshops that improve food preparation and meal planning confidence and skills.
4. Provide shopping lists and recipes that can be made using shelf-stable ingredients plus easily-accessible fresh and frozen items.

RESOURCES on UofL's Health Promotion website:

louisville.edu/healthpromotion

- Basic Pantry Recipe File
- Basic pantry shopping list
- Cooking Workshops
- Grocery Store Tours
- Nutrition Navigators
- Guide to local food sources
- Links to *reliable* external websites for recipes, nutrition information, shopping & cooking tips.

