

A. Introduction.

Early during the pandemic, many consumers stockpiled groceries and basic necessities, leaving the stores shelves temporarily bare of basic food products such as pasta, dried beans, rice, flour, baking powder, and yeast. While some people had well stocked pantries, others had to rely on items they had on-hand in their pantries, refrigerators, and freezers while waiting for grocery stores to re-stock. Aside from emergency preparedness, a well-stocked pantry increases the likelihood to cook, decreases the amount of prep time, reduces the need to use a recipe, saves money, and contributes to nutritious and balanced meals. However, clientele sometimes need help in knowing how to accomplish those goals.

Program Objectives.

The Extension Agents for Family and Consumer Sciences in Lyon, Todd, and Trigg counties partnered to offer The Power of Your Pantry, a three-part pantry cooking series taught on Zoom. As a result of participating in the classes, participants would:

- Know how to inventory, evaluate, stock, organize and use their pantries;
- Increase their skills for cooking without a recipe; and
- Gain tools to help them plan and cook meals without meat.

Target Audience.

This program was targeted towards residents in Lyon, Todd, and Trigg Counties of Southwestern Kentucky who were experiencing the stress of obtaining and preparing food during the early days of the pandemic when stockpiling shelf stable foods was prevalent.

B. Program Accomplishments.

Content.

The three-part pantry series dealt with three subjects:

1. The Power of Your Pantry concentrated on the process for taking inventory, evaluating, stocking, organizing, and re-stocking their pantry. The class included demonstrations on how to put together a quick, nutritious meal using supplies found in their pantry.
2. Getting Fancy with Your Pantry focused on how to actually use what is in the pantry. Participants were given a list of pantry staples to stock, a 30-day meal plan of meals that do not require recipes, and a formula for creating no recipe meals. We also discussed dates on food products and what they meant. Each agent demonstrated no-recipe meals using items from their own pantries.
3. The Meatless Pantry centered on ways to decrease the risk of chronic disease as well as save money. Focused on the building blocks of good nutrition, agents taught how to create dishes using tomato products, beans, and different types of protein as well as how to save money at the grocery store.

Delivery Methods.

This program was delivered through Zoom, an on-line video communications service, using PowerPoint presentations, discussions, videos, demonstrations and materials that participants could access electronically to convey information.

Creativity.

In producing this series of classes, we used several creative ideas to keep our audience engaged and learning. The first session dealt with stocking and organizing the pantry. Because we were presenting the class through Zoom from our homes, we did a virtual pantry tour. Each agent showed their pantry, discussed their organization process and how they met their needs according to things like available space, expiration dates, and ease of locating items. The second

lesson, *Getting Fancy with Your Pantry*, focused on combining staples from the pantry to create delicious and nutritious meals without the use of a recipe. Additionally, the agents discussed dates on food products and what *Best if Used By*, *Use By/Best By*, and *Sell By* meant. Each agent used food products found in their pantry to create a dish that did not require a recipe. The third session focused on meatless meals. Many consumers found their incomes reduced and grocery stores lacking a stable meat supply and were looking for ways to use other protein sources such as dried beans, whole grains, and eggs. Each agent demonstrated a meatless recipe with items from their own pantries and without depending upon a recipe.

Materials Developed.

Agents developed PowerPoint presentations, videos, a social media graphic, and gave demonstrations for this series of lessons. We supplemented the materials with publications previously developed by the University of Kentucky Family and Consumer Sciences Extension.

Innovative Methods.

Due to the emergency health situation the country and our area was experiencing, in-person classes and trainings were not possible. The agents taught these classes virtually through the Zoom platform which caused them to think outside the box in developing materials and techniques to convey information and meet objectives.

C. Program Impact.

Evaluation Method.

To gather evaluation data, at the end of the third class, participants in the “pantry series” program were asked to answer evaluation questions using the poll function on Zoom. Related to food safety, the evaluation sought to determine if participants gathered knowledge about the safe storage and handling of pantry foods; if and how they were practicing safe storage and handling

of pantry foods; and if they knew what the dates on foods meant as well as how to use them in stocking and using their pantry.

Results/Impact.

Analysis of the evaluation data related to food safety showed:

- 92% increased their knowledge about safe storage and handling of pantry foods; and
- 100% knew what the dates on foods meant and how to use them in stocking and using their pantry.

The follow up questions revealed they put their knowledge about safe storage and handling of pantry foods to good use by:

- 40% had rid their pantry of old staples and canned goods or stocked their pantry with staples and canned goods they would use;
- 36% took inventory of their pantry; and
- 36% reorganized their pantry (36%).

Other results, not related to food safety, showed:

- 100% were using pantry items to cook more healthy meals at home;
- 71% could make dishes using pantry staples without the need for a recipe;
- 100% knew how to use substitutions when cooking from their pantry;
- 50% went to their pantry first when planning meals.

Marketing/Publicity.

The three-part Pantry Series was marketed to the public in Western Kentucky and beyond using both electronic and written communications. The agents promoting the sessions advertised for each class through monthly newsletters to Extension Homemakers and Family and Consumer Sciences clientele. A flyer was made for social media and was used for advertising on Facebook

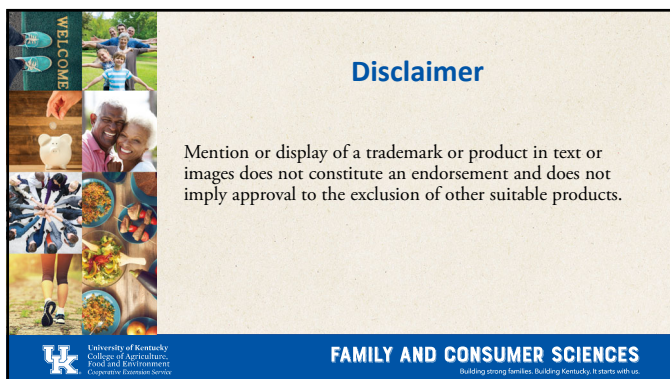
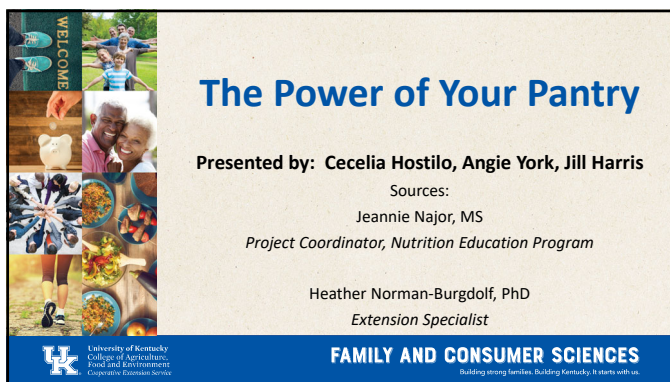
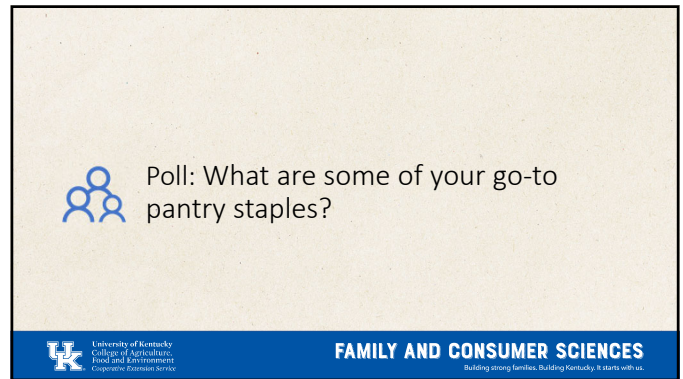
and Instagram. Additionally, the series information and Zoom link were e-mailed to electronic mailing lists consisting of local school personnel, health care providers, and community members.

CES Identified.

The University of Kentucky Cooperative Extension Service is identified on all materials, including promotional flyers, PowerPoint presentations, and downloadable handouts. In addition, the PowerPoints use the University of Kentucky Family and Consumer Sciences PowerPoint template. The social media graphic includes the Family and Consumer Sciences logo.

D. Supplemental Materials.

1. Three PowerPoints – combined into one document (13 pages)
2. Handouts from Getting Fancy from Your Pantry (10 pages)
3. Social Media Graphic (1 page)
4. Program Feedback (1 page)





Stocking Your Dry Goods

Store in cool, dry, dark place.

- Unflavored Oatmeal
- Flour
- Sugar- white, brown
- Dry beans
- Pasta- whole grain, white
- Rice- brown, white
- Baking powder/soda
- Salt
- Beans and lentils
- Cornmeal or cornbread mix
- Breadcrumbs
- Yeast

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Stocking Your Snacks

Multi-purpose items to have on hand

- Nuts/seeds
- Dry fruit
- Cereals
- Applesauce
- Crackers
- Pretzels
- Popcorn kernels
- Peanut butter
- Granola bars

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Stocking Your Canned Goods

Save time with canned items.

- Vegetables
- Fruits
- Beans and lentils
- Canned tomatoes
- Tomato sauce
- Chicken/vegetable broth
- Salsa
- Canned fish/chicken

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Cecelia's Pantry



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Stocking Your Favorite Flavors

Store in cool, dry, dark place.

- Olive oil
- Vegetable oil
- Spices
- Vinegars
- Honey/maple syrup

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Let's Look at Jill's Pantry

Cabinet Storage

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The Pantry Process

Make the most of your pantry by following these steps.

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Jill's Closet Pantry

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Choose **MyPlate.gov**

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Angie's Pantry Tour

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**WHAT'S FOR DINNER?
USING PANTRY STAPLES.**

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Poll: What pantry item do you find the most difficult to use?



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Join us for:

"Getting Fancy with Your Pantry"

July 7, 2PM – Zoom

"The Meatless Pantry"

August 13, 2PM – Zoom

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**Cecelia's
Demonstration**



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Questions?



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Getting Fancy with your Pantry

Presented by:
Cecelia Hostilo, Angie York, and Jill Harris

With information from Heather Norman-Burgdolf, PhD
Extension Specialist

Jeannie Najor, MS
Project Coordinator, Nutrition Education Program

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The Pantry Process

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Poll: Have you restocked or reorganized your pantry?

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Kitchen Staples

KITCHEN STAPLES
FOR BALANCED MEALS

BREADS <ul style="list-style-type: none"> • TORTILLA • ENGLISH MUFFINS • BAGELS • WHOLE WHEAT BREAD • FROZEN MUFFINS • CRACKERS • CRISPELLES 	GRAINS <ul style="list-style-type: none"> • RICE • PASTA • QUINOA • BARLEY • POPCORN KERNELS
VEGETABLES <ul style="list-style-type: none"> • FROZEN • FRESH • CANNED • FRESH OR FROZEN MEATS • EGG 	FRUITS <ul style="list-style-type: none"> • FROZEN • FRESH • CANNED • FRESH OR FROZEN MEATS • EGG
PROTEIN <ul style="list-style-type: none"> • CANNED SALMON, TUNA, CHICKEN • CANNED OR DRIED BEANS • EGG • FRESH OR FROZEN MEATS • MILK AND NOT BUTTER • BUTTER 	DAIRY <ul style="list-style-type: none"> • YOGURT • MILK • CHEESE • UNKALTED BUTTER

30-Day MEAL PLAN

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Kitchen Staples

KITCHEN STAPLES
FOR BALANCED MEALS

DRIED HERBS AND SPICES <ul style="list-style-type: none"> • SALT • PEPPER • GARLIC POWDER • ONION POWDER • CELERY POWDER • CABBAGE • CABBAGE • CABBAGE • CABBAGE • CABBAGE 	OTHER GOODS <ul style="list-style-type: none"> • BROWNIE MIX • TUNA SAUCE • TOMATO SAUCE • PASTA • SALSA • SALAD DRESSINGS • MAYONNAISE • APPLESauce • CABBAGE
CONDIMENTS <ul style="list-style-type: none"> • HOT SAUCE • MUSTARD • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL 	BASICS <ul style="list-style-type: none"> • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL • OLIVE OIL

30-Day MEAL PLAN

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Using Your Stocked Pantry

No Recipe Meals

1. **Start with a base.** What do you have on hand?
2. **Pick a form.** Soup, casserole, bowl, taco, sandwich, etc.
3. **Balance it out.** Add a color using MyPlate.
4. **Plan it out.** How long will it take? What prep is required?
5. **Season it up.** Be creative with what you have.



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No Recipe Meals

Let's apply - Angie!

1. **Start with a base.** Grits.
2. **Pick a form.** Bowl.
3. **Balance it out with MyPlate.** Side Salad.
4. **Plan it out.** All on the stovetop.
5. **Season it up.** Black pepper, Cajun seasoning, hot sauce.
6. **Fancy it up.** Shrimp.



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Resources for this lesson

DAILY MEAL IDEAS

Create meals with kitchen staples that are versatile and easy without compromising on nutrition. Use canned, frozen or fresh food items to build the meal suggestions below.

- DAY 1: VEGGIE GRAIN BOWL**
Staples: rice, canned tomatoes, olive oil, chickpeas
- DAY 2: TURKEY BURGERS**
Staples: ground turkey, buns, cheese, mustard
- DAY 3: PEA DATE**
Staples: peas, ground beef, frozen fruit
- DAY 4: BURRITO BOWL**
Staples: rice, beans, cheese, salsa
- DAY 5: PASTA BOLOGNESE**
Staples: pasta, ground beef, tomato sauce
- DAY 6: VEGGIE OMELET**
Staples: eggs, frozen spinach, tomatoes, olive oil
- DAY 7: EGG HASH**
Staples: eggs, frozen hash browns, vegetables
- DAY 8: STEW FRY**
Staples: rice, frozen peas & carrots, soy sauce
- DAY 9: CARROT CAKE DARTMALL**
Staples: rice, shredded carrots, olive oil
- DAY 10: CHILI**
Staples: canned tomatoes, beans, ground turkey/veal



**30-Day
MEAL PLAN**



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Resources for this lesson

DAILY MEAL IDEAS

Utilize what you have on hand to create nutritious and delicious meals. It is possible when resources are limited. Combine items from different food groups to put together a filling, flavorful, and fun meal.

- DAY 11: VEGGIE PASTA**
Staples: pasta, frozen spinach, ground beef, tomato sauce
- DAY 12: MINI PIZZAS**
Staples: frozen pizza, tomato sauce, cheese
- DAY 13: SLOPPY JOES**
Staples: ground beef, frozen peas, tomato sauce, mustard, frozen spinach, onion
- DAY 14: RAMEN BOWL**
Staples: ramen, frozen peas, frozen spinach, tomato sauce, onion
- DAY 15: CHICKEN CASSEROLE**
Staples: rice, frozen peas, tomato sauce, onion
- DAY 16: BAKED OATMEAL**
Staples: oats, fruit, honey, nuts
- DAY 17: SPAGHETTI & MEATBALLS**
Staples: pasta, frozen meatballs, tomato sauce, onion, frozen spinach
- DAY 18: ROASTED VEGGIE BOWL**
Staples: frozen vegetables, olive oil
- DAY 19: TUNA CASSEROLE**
Staples: canned tuna, pasta, frozen peas & carrots
- DAY 20: TACO CASSEROLE**
Staples: rice, frozen peas, tomato sauce, ground beef/turkey



**30-Day
MEAL PLAN**



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Resources for this lesson

DAILY MEAL IDEAS

A stocked kitchen with staple staples, items can make meal prep easy and healthy. Having a variety of foods from each of the main food groups will enable you to create balanced meals and snacks without compromising on flavor or variety.

- DAY 21: BEAN QUESADILLAS**
Staples: beans, tortillas, cheese, salsa
- DAY 22: VEGGIE CHILI**
Staples: canned tomatoes, beans, frozen vegetables, ground beef
- DAY 23: CRUNCHY HARVEST BOWL**
Staples: quinoa, frozen vegetables, olive oil, frozen spinach
- DAY 24: BREAKFAST TACOS**
Staples: eggs, frozen hash browns, frozen spinach
- DAY 25: SHEET PAN CHICKEN**
Staples: chicken, frozen vegetables, frozen spinach, olive oil
- DAY 26: SALMON CAKES**
Staples: frozen salmon, rice, eggs, herbs & spices
- DAY 27: TACOS**
Staples: frozen hash browns, tortillas, salsa
- DAY 28: BREAKFAST SANDWICH**
Staples: frozen hash browns, eggs, cheese
- DAY 29: CHICKEN FRIED RICE**
Staples: rice, frozen peas, frozen spinach, carrots, chicken
- DAY 30: EGG BAKE**
Staples: eggs, frozen spinach, spinach



**30-Day
MEAL PLAN**



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No Recipe Meals

Let's apply - Jill!

1. **Start with a base.** Tortillas.
2. **Pick a form.** Pizza.
3. **Balance it out with MyPlate.** Vegetables, cheese, fruit.
4. **Plan it out.** Oven.
5. **Season it up.** Sauce.
6. **Fancy it up.** Presentation, garnish, sides.



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No Recipe Meals

Let's apply - Cecelia!

1. **Start with a base.** Canned Salmon.
2. **Pick a form.** Cakes.
3. **Balance it out with MyPlate.** Slaw.
4. **Plan it out.** All on the stovetop.
5. **Season it up.** Add lemon and dill.
6. **Fancy it up.** Sauce and presentation.

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Pantry Swaps

Consider: flavor, texture, appearance


This	Or that
Meat	Lentils, beans, mushrooms
Rice	Barley, farro, lentils, short pastas
Beans	Lentils, peas, different varieties of beans
Pasta	Rice, potatoes, grits
Granola	Cereal, nuts, seeds and dried fruit
Breadcrumbs	Oatmeal, crushed crackers or cereal
Lemon juice	Other citrus, vinegar
Tomato	Tomato

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Poll: Do you have a go-to "pantry swap"?

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Dates on Food Products

What do they all mean?

- No universal food-dating system in the US
- Dates not required on food labels (except infant formula)
- Dates are for freshness and quality – not food safety
- *Best if Used By* – indicates the date the food will retain quality and flavor
- *Use By/Best By* – found on packaged foods
- *Sell By* – last recommended day of sale



foodsafety.gov

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Using Your Stocked Pantry

No Recipe Meals

1. **Start with a base.** What do you have on hand?
2. **Pick a form.** Soup, casserole, bowl, taco, sandwich, etc.
3. **Balance it out.** Add a color using MyPlate.
4. **Plan it out.** How long will it take? What prep is required?
5. **Season it up.** Be creative with what you have.

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How did we do?

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Additional Resources




30-Day MEAL PLAN

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Final Takeaways


- Takes time and practice
- It's okay to mess up
- Meal ideas are based around combining ingredients
- Cooking is more flexible than baking
- Prepare using package directions
- Have fun!



30-Day MEAL PLAN

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Questions?

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Join us for:

"The Meatless Pantry"

August 13, 2PM – Zoom

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The Pantry Process

Make the most of your pantry by following these steps.

Take Inventory

Evaluate

Stock

Organize

Restock

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The Meatless Pantry

Presented by: Cecelia Hostilo, Angie York, Jill Harris

Sources:
Jeannie Najor, MS
Project Coordinator, Nutrition Education Program

Heather Norman-Burgdolf, PhD
Extension Specialist

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Tomato Products

- **Whole peeled tomatoes**- can be turned in to almost all other tomato products
- **Diced tomatoes**- use when distinct chunks are desired
- **Crushed tomatoes**- tomato puree + crushed tomatoes
- **Tomato puree**- smoother than crushed but thicker
- **Tomato sauce**- smooth, pourable
- **Tomato paste**- must sauté to bring out savory flavor
- **Stewed tomatoes**- added flavors
- **Pasta sauce**- added flavors

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Demonstration by Cecelia Hostilo

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Poll: Why Eat Meatless?

Type in the chat box.

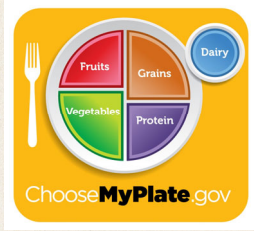



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Meatless MyPlate

- Grains**
 - Make $\frac{1}{2}$ grains whole
- Protein**
 - Vary lean choices, eggs, beans and peas, nuts, nut butters, whole grains and soy products.
- Dairy**
 - Low-fat dairy or plant-based milks, yogurts, and cheeses
- Fruits & Vegetables**
 - Vary choices






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Why Meatless Meals

- Reducing saturated fat intake
- Decreasing the risk of chronic diseases, such as cardiovascular disease
- Lowering "bad" or LDL cholesterol
- Increasing fiber intake
- Cost-savings




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Pick Your Protein

- Soy products
- Beans
- Eggs
- Hummus
- Nuts and seeds
- Nut/seed butters
- Others: quinoa, certain cheese, Greek yogurt, protein powders







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Building Blocks of Good Nutrition






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Demonstration by Angie York



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Dried Beans


Step 1: Soaking

Quick Soak

1. In a large pot, add 10 cups of water for each pound (2 cups) of dry beans.
2. Heat to boiling; boil for 2–3 minutes.
3. Remove from heat, cover and soak for at least 1 hour. Drain and rinse.


Overnight Soak

1. Place in a large container
2. For each pound (2 cups) beans, add 10 cups of cold water.
3. Cover and refrigerate 8 hours or overnight. Drain and rinse.






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Quinoa



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Dried Beans


Step 2: Cooking

1. Place beans in large pot; cover with fresh water and bring to a boil.
2. Reduce heat, cover and simmer gently until beans are tender but firm.
3. Check occasionally if more water is needed. Most beans will cook in 45 minutes to 2 hours.
4. Add herbs and spices at any time. Add salt when beans are tender. Add acidic foods (lemon juice, vinegar, tomatoes) after beans are cooked.




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Nuts & Nut Butters

- MyPlate - a ½ ounce serving of nuts or seeds is equivalent to a 1 ounce serving of meat or poultry
- This is about 12 almonds, 24 pistachios, 7 walnut halves, or 1 level tablespoon of nut butter
- Can also be high in calories and fat



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Soy Products






Edamame
(immature soybeans)


Soybeans

Tofu




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Demonstration by Jill Harris



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Add Up the Savings – at the Grocery

- Plan menus in advance. Use ads to plan for least expensive meals. Make a shopping list and stick to it. This helps prevent frequent trips to the store.
- Use coupons for items you normally buy. Skip the coupons for things you don't use all the time.
- Check the newspaper or the store advertisements for sale items. Buy only if you need them. A sale is a bargain only if you need the item and will use it before it goes bad.
- Shop the outside aisles of the grocery store for the freshest, least processed foods—produce, meats, dairy.

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Tex-Mex Quinoa Salad

2-3 ears shucked corn 1 cup quinoa, rinsed 1 (15 ounce) can black beans, drained and rinsed 1 cup fresh spinach, chopped	1 cup cilantro, chopped 1 cup cherry tomatoes, halved 8-10 green onions , thinly sliced 1/2 cup feta cheese cubes 1 small jalapeno, seeded, diced, minced	Dressing: 1/2 cup lime juice 1 1/2 tablespoons red wine vinegar 2 tablespoons olive oil 1 teaspoon ground cumin 1 teaspoon chili powder 1 teaspoon honey Salt and pepper to taste
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Fill a large saucepan with water and bring to a boil. Add corn and cook for 3 minutes or until tender. Cook. Cut corn from cob using a sharp knife.
Cook quinoa according to package directions. While together dressing ingredients in a small bowl. Set aside. When quinoa has cooled, add dressing and stir to coat. In a large

bowl combine remaining ingredients and add to the quinoa mixture. Cool in refrigerator and serve.
Yield: 6, 1 cup servings
Nutritional Analysis: 220 calories, 7 g fat, 1.5 g saturated fat, 1 mg cholesterol, 250 mg sodium, 30 g carbohydrates, 5 g fiber, 4 g sugars, 9 g protein.

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Add Up the Savings – Food Preparation

- Have breakfast any time of day. Eggs supply good quality protein. Serve some whole grain French toast with fresh fruit and milk.
- Bring on the beans. Use in salads, soups, or sides. Canned or dried beans add color and flavor to meals.
- Plan several meatless meals a week. Try Mexican dishes with beans and cheese, pasta with a savory sauce, grilled cheese sandwiches, or a quiche.
- Serve entrée salads. Use a variety of greens, rich in flavor and vitamins. Top with small amounts of alternative proteins such as nuts, boiled eggs, cheese, etc.

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Questions?

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Plate It Up Examples

Fall Harvest Salad

5 cups torn leaf lettuce 2 1/2 cups spinach 1 medium red apple, chopped 1 medium pear, chopped	4 teaspoons lemon juice 1/2 cup dried cranberries 1/2 cup feta cheese cubes 1/2 cup chopped walnuts Dressing: 2 1/2 tablespoons olive oil	2 tablespoons balsamic vinegar 1 1/2 teaspoons Dijon mustard 2 teaspoons Kentucky honey 1/2 teaspoon salt
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Combine leaf lettuce and spinach leaves in a large salad bowl. **Mix** apples and pears with lemon juice in a small bowl and add to lettuce mixture. **Prepare** dressing by combining together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat.

Sprinkle salad with cranberries, feta cheese and walnuts. **Serve** immediately. **Yield:** 6, 1 cup servings
Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 2 g fiber, 7 g sugar, 3 g protein.

Building Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

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Evaluation

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The Power of Your Pantry



Join us for a 3-part Cooking Series:

The Power of Your Pantry
June 11, 2:00 PM

Getting Fancy with Your Pantry
July 7, 2:00 PM

Cooking Meatless from Your Pantry
August 13, 2:00 PM

PRESENTED BY: LYON, TRIGG & TODD COUNTY EXTENSION
AGENTS FOR FAMILY & CONSUMER SCIENCES

For the zoom link, email:
angie.york@uky.edu, cecelia.hostilo@uky.edu or
jill.harris@uky.edu

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 FAMILY &
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KITCHEN STAPLES

FOR BALANCED MEALS

BREADS

- TORTILLAS
- ENGLISH MUFFINS
- BAGELS
- WHOLE WHEAT BREAD
- FROZEN WAFFLES
- CRACKERS
- PRETZELS

VEGETABLES

- FROZEN
- FRESH
- CANNED
 - *NO SALT ADDED OR LOW SODIUM
- SUN DRIED

PROTEIN

- CANNED SALMON, TUNA, CHICKEN
- CANNED OR DRIED BEANS
- EGGS
- FRESH OR FROZEN MEATS
- NUTS AND NUT BUTTERS
- SEEDS

GRAINS

- RICE
- PASTA
- OATS
- QUINOA
- BARLEY
- POPCORN KERNELS

FRUITS

- FROZEN
- FRESH
- CANNED
 - *IN 100% FRUIT JUICE OR WATER
- DRIED

DAIRY

- YOGURT
- MILK
- CHEESES
- UNSALTED BUTTER

30-Day
MEAL PLAN



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KITCHEN STAPLES

FOR BALANCED MEALS

DRIED HERBS AND SPICES

- SALT
- PEPPER
- GARLIC POWDER
- ONION POWDER
- CHILI POWDER
- CINNAMON
- OREGANO
- PARSLEY
- PAPRIKA
- CUMIN

CONDIMENTS

- KETCHUP
- MUSTARD
- DIJON MUSTARD
- MAYO
- JELLY/JAM
- HONEY
- HOT SAUCE
- SOY SAUCE

OTHER GOODS

- BROTH OR STOCK
***LOW SODIUM**
- PASTA SAUCE
- TOMATO SAUCE
- PICKLES
- SALSA
- SALAD DRESSINGS
- UNSWEETENED
APPLESAUCE

BASICS

- OLIVE OIL
- VINEGARS
- FLOUR
- BAKING SODA
- BAKING POWDER
- COCOA POWDER
- SUGAR

30-Day
MEAL PLAN



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DAILY MEAL IDEAS

Create meals with kitchen staples that are versatile and tasty without being complex or expensive. Use canned, frozen or fresh food items to build the meal suggestions below.

DAY 1: VEGGIE GRAIN BOWL

Staples: rice/quinoa + veggies [broccoli or carrots] + chickpeas

DAY 2: TURKEY BURGERS

Staples: ground turkey + ketchup & mustard

DAY 3: PB&J OATS

Staples: oats + peanut butter + frozen fruit

DAY 4: BURRITO BOWL

Staples: rice + beans + chicken + salsa

DAY 5: PASTA BOLOGNESE

Staples: pasta + ground turkey/beef + tomato sauce

DAY 6: VEGGIE OMELET

Staples: eggs + veggies [spinach & tomatoes] + olive oil

DAY 7: EGG HASH

Staples: eggs + frozen hash browns + veggies

DAY 8: STIR FRY

Staples: rice + veggies [peas & carrots] + soy sauce

DAY 9: CARROT CAKE OATMEAL

Staples: oats + shredded carrots + honey

DAY 10: CHILI

Staples: canned tomatoes + beans + ground turkey/beef



30-Day
MEAL PLAN



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DAILY MEAL IDEAS

Utilize what you have on hand to create nutritious and delicious meals. It is possible when resources or time may be limited. Combine items from different food groups to pull together a filling, flavorful, and fun meal.

DAY 11: VEGGIE PASTA

Staples: pasta + veggies [broccoli or peas] + tomato sauce

DAY 12: MINI PIZZAS

Staples: bagels + pasta sauce + cheese

DAY 13: SLOPPY JOES

Staples: ground beef/turkey + ketchup & mustard + chopped pepper & onion

DAY 14: RAMEN BOWL

Staples: ramen noodles + egg + veggies [carrots & edamame]

DAY 15: CHICKEN CASSEROLE

Staples: rice + broccoli + cheese + chicken

DAY 16: BAKED OATMEAL

Staples: oats + fruit + honey + nuts

DAY 17: SPAGHETTI & MEATBALLS

Staples: pasta + tomato sauce + ground meat + oats + eggs + veggies [broccoli or spinach]

DAY 18: ROASTED VEGGIE BOWL

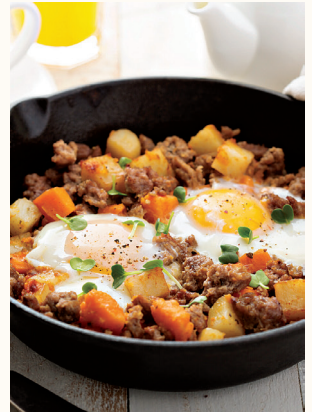
Staples: chickpeas + broccoli & cauliflower + olive oil

DAY 19: TUNA CASSEROLE

Staples: canned tuna + pasta + veggies [peas & carrots]

DAY 20: TACO CASSEROLE

Staples: rice + beans + salsa + ground beef/turkey



30-Day
MEAL PLAN



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DAILY MEAL IDEAS

A stocked kitchen with shelf-stable items can make meal prepping much easier. Having a variety of foods from each of the main food groups will enable you to create balanced meals and snacks without compromising on flavor or variety.

DAY 21: BEAN QUESADILLAS

Staples: beans + tortillas + cheese + salsa

DAY 22: VEGGIE CHILI

Staples: canned tomatoes + beans + veggies [corn & peas]

DAY 23: CRUNCHY HARVEST BOWL

Staples: quinoa/rice + almonds [or other nuts] + veggies [broccoli]

DAY 24: BREAKFAST TACOS

Staples: eggs + tortilla + salsa + ground sausage

DAY 25: SHEET PAN CHICKEN

Staples: chicken + olive oil + veggies [broccoli or cauliflower]

DAY 26: SALMON CAKES

Staples: canned salmon + oats + eggs + herbs & spices

DAY 27: TACOS

Staples: tortillas + beans + salsa

DAY 28: BREAKFAST SANDWICH

Staples: english muffin + egg + cheese

DAY 29: CHICKEN FRIED RICE

Staples: rice + eggs + veggies [peas & carrots] + chicken

DAY 30: EGG BAKE

Staples: eggs + tomatoes + spinach



30-Day
MEAL PLAN



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WEEKLY MEAL PLAN

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

WHAT I HAVE

WHAT I NEED

30-Day
MEAL PLAN



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What's in Your Pantry?

WORD SCRAMBLE

Can you unscramble the letters to form the names of 15 items you might find in your pantry?

EN S A B	_____
EL C R A E	_____
EN S N D I O M T C	_____
S C O O U S U C	_____
R O A F L V	_____
T R U F I	_____
R A G I S N	_____
R H B E S	_____
O L S I	_____
E R C I	_____
C I S E S P	_____
A T O S M T O E	_____
A T N U	_____
B E E G E L S T V S A	_____
G I V N E A R	_____

Source:

Stocking Your Pantry by Heather-Norman Burgdolf, Extension Specialist for Nutrition and Health; and Claire Cosby, Human Nutrition Student, accessible at:
<https://coronavirus.ca.uky.edu/files/stocking-your-pantry.pdf>.

Answers: beans, cereal, condiments, couscous, flavor, fruit, grains, herbs, oils, rice, spices, tomatoes, tuna, vegetables, vinegar

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What's in Your Pantry?

WORD SEARCH

S	S	E	N	H	S	E	R	F	S	L	E	C	S	Q
X	Y	N	Z	T	B	Q	J	E	C	R	I	A	S	G
P	C	H	M	S	H	X	A	D	O	L	I	G	U	T
U	A	X	T	S	L	S	E	V	N	C	R	X	S	P
A	T	N	T	L	O	I	Y	T	D	U	O	Y	I	G
A	F	O	T	N	A	B	O	T	I	Y	B	E	S	U
K	C	K	I	R	T	E	Q	T	M	V	K	J	T	O
K	Y	N	P	S	Y	W	H	Y	E	C	C	B	R	A
J	G	O	E	T	K	U	T	T	N	X	E	Y	E	S
S	F	B	W	O	T	T	N	I	T	R	F	E	A	E
F	L	A	V	O	R	E	Z	L	S	A	H	K	H	L
K	H	X	L	J	U	T	I	A	T	O	T	M	A	L
Z	H	X	U	N	B	P	C	U	Y	G	Y	J	H	B
Z	T	F	K	X	C	Y	U	Q	B	Y	W	I	D	Y
I	G	N	Q	Q	B	D	U	I	R	S	I	K	T	O

BEST BY

FRESHNESS

PANTRY

SELL BY

CONDIMENTS

HEALTHY

QUALITY

STOCK

FLAVOR

OILS

SEASONINGS

USE BY

Sources:

Stocking Your Pantry by Heather-Norman Burgdolf, Extension Specialist for Nutrition and Health; and Claire Cosby, Human Nutrition Student. Access at: <https://coronavirus.ca.uky.edu/files/stocking-your-pantry.pdf>.

What Do Dates on Food Products Mean by Annhall Norris, Extension Specialist for Food Safety and Food Preservation. Access at: <https://coronavirus.ca.uky.edu/files/what-do-dates-on-food-products-mean.pdf>.

Answers:

S	S	E	N	H	S	E	R	F	S	L	E	C	S	Q
X	Y	N	Z	T	B	Q	J	E	C	R	I	A	S	G
P	C	H	M	S	H	X	A	D	O	L	I	G	U	T
U	A	X	T	S	L	S	E	V	N	C	R	X	S	P
A	T	N	T	L	O	I	Y	T	D	U	O	Y	I	G
A	F	O	T	N	A	B	O	T	I	Y	B	E	S	U
K	C	K	I	R	T	E	Q	T	M	V	K	J	T	O
K	Y	N	P	S	Y	W	H	Y	E	C	C	B	R	A
J	G	O	E	T	K	U	T	T	N	X	E	Y	E	S
S	F	B	W	O	T	T	N	I	T	R	F	E	A	E
F	L	A	V	O	R	E	Z	L	S	A	H	K	H	L
K	H	X	L	J	U	T	I	A	T	O	T	M	A	L
Z	H	X	U	N	B	P	C	U	Y	G	Y	J	H	B
Z	T	F	K	X	C	Y	U	Q	B	Y	W	I	D	Y
I	G	N	Q	Q	B	D	U	I	R	S	I	K	T	O

The Power of Your Pantry - Social Media Graphic



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jill.harris@uky.edu

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Pantry Series Feedback

Quote from Participant: “Just wanted to let you know I did a no-recipe dinner last night. Started with the idea that we wanted pasta. Started the bowtie pasta to cooking. Opened a can of flavored diced tomatoes & added some leftover Italian sausage. Heated it all up & added it to the pasta. Delicious. No leftovers. Thanks for these classes.”

