

FOR IMMEDIATE RELEASE

For more information, contact Arianna Perkins
District Health & Nutrition Program Assistant, Wildcat Extension District
aoehme@ksu.edu, (620)724-8233

Cooking from Your Pantry

With the rising cost of groceries, many families are looking for ways to stretch their food budget. One effective strategy is to maintain a well-stocked pantry with shelf-stable staples, including baking essentials, canned or dried beans, canned or pouched meats, and canned fruits and vegetables. Keeping these items on hand can reduce extra trips to the store, support meal planning, and help make the most of your grocery dollars.

A well-stocked pantry may include:

- Beans
- Broth or Stock
- Canned or Pouched Meat
- Canned Tomatoes
- Dried Fruit
- Canned Fruit or Fruit Cups
- Nut Butter
- Salsa
- Soups
- Canned Vegetables
- Bouillon
- Cooking Oil
- Quick Mixes
- Baking / Cooking Supplies
- Flour
- Spices and Seasonings
- Vinegar
- Condiments and Salad Dressings
- Cereals, Grains, and Pasta
- Snacks
- Non-Refrigerated Produce

When available, look for ‘low sodium’ or ‘no salt added’ options for broths, soups, tomato products, or vegetables. As for fruit products, select items packed in juice or water without added sugar. To save money, consider purchasing store-brand or private-label products instead of name brands. This simple switch can cut grocery costs by 10% to 40%. Keeping basic baking ingredients such as flour, sugar, baking soda, and baking powder on hand lets you use overripe fruit to make quick breads, muffins, or cobblers. You can also stretch recipes by adding pantry items. Try mixing a can of beans into a meat-based dish to increase the number of servings and boost nutrition. A well-stocked pantry makes it easy to create customizable meals using what you already have. Dishes such as stir-fry, skillet meals, casseroles, or salads require only a few basic ingredients. Start with a protein, a vegetable, and a grain or starch. Then you can add a liquid, sauce, or flavoring as you see fit.

By maintaining a well-stocked pantry, you can prepare nutritious, convenient, and budget-friendly meals.

For more information, visit <https://extension.k-state.edu/humannutrition/nutrition-topics/cookingbasics.html> OR contact Arianna Oehme, Wildcat Extension District Health & Nutrition Program Assistant at aoehme@ksu.edu or (620)724-8233.

#

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.