

RECIPE

Basic Shelf Foods to Keep at Home

INGREDIENTS

Protein Foods

Grains

Vegetables and Fruits

Fats

Shelf-Stable Milk

Miscellaneous Foods

DIRECTIONS

The Public Health Agency of Canada's website advises that we "gradually build up our household stores".

- Buying a few extra items each time you shop

Sources: Public Health Agency of Canada and Pan American Health Organization (www.paho.org)

SHOPPING LIST

PROTEIN

- Dried beans and peas
- Dried fish and meats
- Canned fish and meats
- Peanut butter, nuts & seeds

Grains

- Flour
- Pasta
- Cereal
- Oatmeal
- Whole wheat crackers
- Instant baby rice cereal

Vegetables and Fruits

- Root vegetables (potatoes, carrots, turnips, beets)
- Dried fruit and vegetables
- Canned vegetables and fruits
- Canned tomatoes and tomato sauce
- Frozen vegetables and fruit

Fats

- Vegetable oil
- Soft margarine

Shelf Stable Milk

- Powdered milk or canned evaporated milk
- Infant formula (if mother is not breastfeeding)

Miscellaneous Foods

- Dehydrated and canned soups, stews, chili
- Sugar, salt and other condiments

