

Kitchen & pantry

A quick pantry stocking guide for the essentials to keep your family happy and healthy

Extra virgin olive oil

Extra virgin olive oil maintains many nutrients and has a stronger flavor because it's processed without high heat, bleach or chemicals.

Vinegar

Big flavor with little calories

Canned Tuna

Look for tuna packaged in water to avoid extra calories and fat

Canned Tomatoes

Look for no-salt-added or low-sodium versions.

Steel Cut Oatmeal

Helps manage cholesterol and prevent heart disease, high in fiber

Whole-Wheat Pasta

Whole-wheat pastas can have nearly three times as much fiber as regular spaghetti.

Brown Rice

Retains the bran and the germ, which have an abundance of nutrients. Plus, it doesn't contain wheat, making it a great choice for people with gluten intolerance.

Whole-Wheat Flour

Packs more protein, calcium, insoluble fiber than white flour

Barley

The pearl or quick-cooking variety of this high-fiber cholesterol fighter makes a simple and nutritious addition to a weeknight dinner.

Quinoa

A complete protein, meaning it contains all nine essential amino acids, it provides a boost of energy and will satisfy hunger the same way meat would, sans the fat or cholesterol.

Lentils

This healthy legume is low in fat and packed with protein and fiber. Brown lentils, the least expensive variety, cook quickly and make great additions to soups, stews, and salads.

Dried Beans

If you're looking for a convenience item, select canned beans with no salt added or make sure to rinse them well before using.

Nuts

Try to reach for raw, unsalted versions

Peanut Butter

Opt for all-natural peanut (or other nut) butter with only nuts and salt added.

How Long?

A quick reference guide to how long things can stay fresh in your fridge

Category	Food	Refrigerator	Freezer
		(40 °F or below)	(0 °F or below)
Salads	Egg, chicken, ham, tuna & macaroni salads	3 to 5 days	Does not freeze well
Hot dogs	opened package	1 week	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Luncheon meat	opened package or deli sliced	3 to 5 days	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Bacon & Sausage	Bacon	7 days	1 month
	Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Hamburger & Other Ground Meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb & Pork	Steaks	3 to 5 days	6 to 12 months
	Chops	3 to 5 days	4 to 6 months
	Roasts	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months
Raw eggs in shell		3 to 5 weeks	Do not freeze. Instead, beat yolks and whites together; then freeze.
Raw egg whites		2 to 4 days	12 months
Raw egg yolks		2 to 4 days	Yolks do not freeze well.
Hard-cooked eggs		1 week	Do not freeze.
Egg substitutes, liquid	Unopened	10 days	12 months
Egg substitutes, liquid			Do not freeze.
Opened		3 days	
Egg substitutes, frozen		After thawing, 7 days or refer to “Use-By” date.	12 months
Egg substitutes, frozen		After thawing, 3 days or refer to “Use-By” date.	Do not freeze.