

SENIOR NUTRITION NEWS

Eat Smart Idaho

April 2020

Good Foods to Have on Hand

If you keep some of these nutritious foods on hand while being home more during these difficult times, you will be amazed at the meals you can create!

Whole Grains

- Oatmeal, barley, bulgur, brown rice, quinoa, cornmeal, popcorn, etc.
- 100% whole-wheat bread, tortillas, bagels, muffins, etc.
- Whole grain crackers, pasta, rice cakes, cold cereals



Fruits

- Fresh fruits in season
- Frozen/canned fruit in own juice/no heavy syrups
- Raisins, other dried fruits, all fruit jams
- 100% Fruit Juice - white and/or purple grape, orange, apple, pineapple, etc.

Vegetables

- Fresh vegetables in season
- Frozen and/or canned vegetables reduced sodium/no salt added
- 100% Vegetable juice

Dairy

- Milk – low-fat/fat-free
- Yogurt
- Cottage cheese
- Cheese - Cheddar, mozzarella, swiss, parmesan, etc.

Protein

- Nuts and seeds - peanuts, sunflower seeds, almonds, walnuts
- Canned tuna, salmon, chicken, turkey, chili
- Meat, Fish, Poultry, Eggs
- Peanut butter
- Canned and/or dried beans



Miscellaneous

- Staples - flour, sugar, brown sugar, powdered sugar, cornstarch, baking soda, baking powder, yeast, mustard, mayonnaise, etc.
- Salsa
- Chicken/beef/vegetable broths or bouillon - low sodium
- Canned soups - low-fat, low sodium cream of chicken, mushroom, tomato, etc.
- Herbs/Spices

These ideas for foods on hand will allow you to put meals together faster and cheaper than ordering take-out or going through a drive-thru!

- Apple Slices and Peanut Butter
- Burrito or Quesadilla: Filled with beans, cheese, veggies, egg, rice, potato, chicken, beef, salsa
- Crackers topped with cheese, peanut butter, tuna or chicken salad
- Green/Pasta/or Potato Salad made with fresh or roasted veggies, beans, fruit, raisins, sunflower seeds
- Homemade Soup: chicken and rice, tortilla, potato, chicken noodle, beef vegetable, minestrone
- Oatmeal with walnuts, raisins, milk
- Omelet or Frittata filled with eggs, potatoes, cheese, peppers, mushrooms, onion, garlic, tomato, avocado, canned beans, salsa
- Potato Bar: with chili, cheese, broccoli, or cottage cheese
- Sandwiches or Wraps: turkey or ham with cheese, lettuce and tomato, tuna with celery, diced apple and walnuts, egg salad with lettuce, peanut butter and jelly, grilled cheese
- Smoothie Made with yogurt, milk, fruit, spinach, kale
- Stir-fry Made with chicken, pork, or tofu, lots of veggies, brown rice
- Trail Mix Cereal, sunflower seeds, peanuts, raisins, dried fruits
- Whole Grain Pancakes or Waffles
- Yogurt Mixed with cereal, fruit, cottage cheese



The possibilities are limited only by your imagination!

Sources: https://extension.usu.edu/fscreate/ou-files/2020-22-staff/Good_Foods_Have_on_Hand.pdf retrieved 3/30/20

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-446-1680

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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