

# Basic Foods for Fridge, Freezer & Cupboard

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Would you like to go to your cupboard, refrigerator or freezer and already have most—if not all—the ingredients needed to make a meal? Use these foods as a “starter list” to help you begin developing a list that works for you. These foods were picked because they’re commonly available and mix and match with a variety of other foods.

## Fruits

### FRESH

- Apples
- Bananas
- Grapes, seedless
- Oranges

### CANNED

- Oranges, mandarin
- Pineapple, canned in juice (pineapple tidbits are a versatile form)

### FROZEN

- Berries, such as blueberries, raspberries, strawberries, etc.

### DRIED

- Raisins, dried cranberries, etc.

## Vegetables

### FRESH

- Bell peppers
- Carrots
- Cabbage, shredded (buy smallest package size if cooking for a few people)
- Lettuce, darker green varieties (Romaine, green leafy, etc.)
- Onion (sweet onions are most versatile if buying only an onion or two weekly)
- Potatoes (white and sweet)
- Tomatoes (cherry and grape tomatoes tend to have the best flavor when other tomatoes are out-of-season)

### CANNED

(no-salt-added forms available)

- Corn
- Tomatoes, diced

### FROZEN

- Corn
- Peas

## Dairy Products

- Cheese, cheddar and/or other favorite varieties
- Ice cream or frozen yogurt, low fat or fat-free
- Milk, low fat or fat-free
- Yogurt, low fat or fat-free (vanilla-flavored yogurt is especially versatile; or add your own sweetener and vanilla to plain yogurt, if desired)

## Meat, Fish, Dry Beans, Eggs and Nuts

- Beans, canned or dry, such as Great Northern, navy, kidney, red, black, pinto beans, etc. (check for “no-salt-added” canned varieties)
- Beef, ground, 90–95% lean
- Chicken breast, skinless
- Eggs, large (“large” suggested as many recipes are designed for use with this size)
- Fish (frozen fish fillets lend themselves to many quick meals; thaw overnight in the refrigerator in original package on a plate on bottom shelf for easy use the next day)
- Nuts (almonds, walnuts, etc.)
- Peanut butter
- Pork loin chops, boneless
- Salmon (including canned and/or frozen forms of salmon; canned salmon is available in water pack varieties and may be found canned without the skin, if desired)
- Tuna, canned (water pack and low sodium varieties are available)
- Turkey cutlets

## Grains

- Bread, whole wheat (can purchase low sodium forms at some stores)
- Cereal (whole grain)
- Crackers (look for varieties that are whole grain and lower in salt)
- Oatmeal (“Old-fashioned” oatmeal is very versatile; simply pulse it a few times in a blender if a recipe calls for “quick oats.”)
- Pasta (consider whole grain varieties)
- Rice (include some whole grain rice, such as brown rice)

## Oils

- Extra virgin olive oil for dressings, dipping and drizzling
- Mayonnaise-type salad dressing (light and low fat forms available)
- Other oil for cooking: canola, corn, cottonseed, safflower, soybean, sunflower
- Soft (tub or squeeze) margarine with no trans fats

## Seasonings

- Black pepper (consider freshly ground)
- Chicken broth, low sodium
- Chili powder
- Cinnamon
- Garlic, fresh or dry
- Italian seasoning (can be used as a quick seasoning for salad dressings, soups, rubs for meat, etc.)
- Mustard, Dijon-type (can find no-salt-added forms in some stores)
- Rosemary, dried leafy (crush slightly right before using to release added flavor in recipes; an inexpensive mortar and pestle works well for this)
- Thyme, dried leafy (see note by rosemary)
- Vanilla
- Vinegar (consider vinegars such as balsamic, red wine, cider, and white wine or rice vinegar – start with a small bottle and see which you use the most; vinegar easily lasts at least a year)

## Sugars

- Sugar, white granulated
- Sugar, brown

## Other

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**Know how. Know now.**



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