Plan for Protein:
Including protein can help add satisfaction to your meals. Non-perishable sources include canned fish, beans, dried lentils and nuts/seeds.

Add Whole Grains:
Whole grains provide fiber and act as a perfect base for all kinds of meals. Examples include whole wheat pasta/bread/cereal, oatmeal, brown rice and quinoa.

Include Fruits & Vegetables:
Fruits and vegetables are packed with vitamins, minerals, antioxidants and fiber. Try canned applesauce, peaches, pears, peas, corn, and tomatoes with little to no added sugar and salt!

Spice it up:
Easy doesn't mean bland! Spices not only add flavour, but contribute additional antioxidants. Examples include garlic, cumin, sage, lemon pepper, basil, oregano, mustard, lemon juice, and soy sauce.

Don't Forget the Freezer:
Did you know that frozen fruits and vegetables are just as nutritious as fresh produce? Using your freezer can help your food last longer and prevent spoilage. Stock up!

Are you starting 2020 with a New Year’s resolution? If your goal is creating more healthy home-cooked meals, start by filling your pantry with nutritious staples. This way, between you and your family’s hectic schedule you can provide quick, healthy food for everyone!