

# THE TEACHING KITCHEN

AT LENOX HILL NEIGHBORHOOD HOUSE

## Tips for Stocking Your Pantry and Kitchen

We realize that everyone is worried about food access, health and safety at this time. That said, it becomes more important than ever that we eat healthy, scratch-made food as much as possible. *The Teaching Kitchen at Lenox Hill Neighborhood House* aims to help individuals in this endeavor.

### Pantry Staples:

Here are some pantry staples to stock up on that can be stretched and used to create delicious, healthy meals. These are basic, versatile ingredients that are used frequently, are usually fairly inexpensive and have a long shelf life (pantry, refrigerator or freezer).

1. Dry or canned beans and lentils
2. Spices – salt, pepper, cumin powder, paprika, cayenne, curry powder, basil, oregano, thyme and dried chilies
3. Oil and condiments – low sodium soy sauce, miso, hot sauce, mustard and vinegars
4. Canned tomatoes and tomato paste
5. Canned artichokes
6. Canned coconut milk
7. Buy herbs and freeze them
8. Eggs
9. Dried pasta
10. Whole grains – bulgur, wheat berries and barley in particular
11. Rice of your choice – we recommend brown rice or wild rice
12. Frozen vegetables
13. Storage vegetables – sweet potato, seasonal squash, onions, garlic and ginger

### Tips:

1. *The Teaching Kitchen at Lenox Hill Neighborhood House* has always recommended soups and stews as a great way to pack nutrition through one-pot meals that are versatile/flexible. Chiles and curries are great to cook in bulk and freeze and take out as needed.
2. While pastas are a great non-perishable ingredient to have around, they are not nutrition-dense. Incorporating frozen or storage vegetables and beans makes them richer and more healthful.
3. If you are serving cold meals to be served at room temperature, grain salads are a really great option. You can use whole grains, canned beans and any vegetables on hand with housemade salad dressings. They also help to use up any vegetables that might be perishable in a wholesome entree.
4. The pesto sauce recipe in [The Teaching Kitchen Cookbook](#) is an easy, versatile recipe for using up any greens on hand for a grab-and-go meal. The sauce can be used on chicken, fish or any protein that's being served on the spot. It can also be added to grains and salads for cold meals. We think pesto makes everything better.