Fresh Vegetables
Vegetables should be the base of most meals, so stock your kitchen with a wide variety. Onions, garlic, and canned tomatoes can be used to add flavor and nutrition to lots of meals, and they can keep for several weeks or more. Try new vegetables as the seasons change!

Fresh Fruits
Citrus fruits are great for more than just eating – use the zest or juice to add a zing of flavor to salad dressings or sauteed veggies! Apples, pears, and melons make great snacks. Frozen fruit can be an affordable way to enjoy berries, especially when they’re not in season.

Protein
Mix up your protein sources to add flavor and nutrition to your meals. Try fish, eggs, beans, lentils, or tofu. Fish can be bought frozen and used to make a quick easy dinner. Eggs are quick and tasty for any meal: scramble them with leftovers or bake in a pan with veggies for a quick fritatta, and you’re set!

Dairy
Butter is great to cook with, cheeses add lots of flavor and Vitamins D and K, and yogurt can be used for healthier desserts, in sauces and dressings, or served with fruit for a tasty and healthy snack. Lactose intolerance and dairy allergy are very common, so only choose dairy if it works for your body.

Whole Grains
Whole grains pack a punch of fiber and vitamins, and can be used to round out any meal. Try brown rice, bulgur, or quinoa instead of white rice. Mix into a salad or add them to soups and casseroles. Whole grain flour is inexpensive and can be used to make lots of baked goods.

Canned Vegetables
Lots of vegetables are perfectly good when canned! Just remember to look at the salt content on the label, as canned vegetables are often very salty (most can be rinsed). Canned tomatoes and chiles can be used in many dishes and are great staple foods to keep on hand.
**Frozen Fruits and Vegetables**

Frozen fruits can be used in smoothies or breakfast porridges. Heat frozen berries for a tasty topping on yogurt! Frozen vegetables are easy and quick to add to soups, casseroles, and stir fries. Frozen fruits and vegetables are frozen at the peak of ripeness, so they are very close in nutrition to fresh produce.

**Nuts, Seeds, and Dried Fruit**

Nuts and seeds are great sources of healthy fats and add a good crunch to salads. Keep open packages in the refrigerator or freezer or air-tight containers. Dried fruits can be easily tossed into grain dishes and salads. Look for nuts, seeds, and dried fruits without added salt, oil, or sugar. All make tasty snacks!

**Oils, Vinegars, and Condiments**

Extra virgin olive oil has many health benefits, and is good for light heat cooking and as a salad dressing. Canola oil can be used for cooking and baking, and nut/seed oils can be used for finishing flavors, cooking, or salad dressings. There are many types of vinegars and a little goes a long way; try white wine, red wine, or apple cider vinegar. Other condiments like Dijon mustard, capers, and curry paste allow you to add depth to simple recipes.

**Herbs and Spices**

Spices and dried herbs may be pricey up front, but one small bottle will last many meals. Red chili flakes, chili powder, cumin, cinnamon, and paprika are great spices to start with. Oregano, thyme, and rosemary are delicious dried herbs that work well in many meat, vegetable, and grain dishes.