

Discover Your Inner Chef!

The Budget-Wise Pantry

Vegetable & Fruit

Onions
Carrots
Canned vegetables - tomatoes (stewed, diced), corn, peas, pumpkin
Canned (low sodium) soups, tomato, vegetable, pea
Canned fruit packed in juice or water - fruit cocktail, pears, peaches
Dried fruit - raisins, apricots, prunes

Grain & Cereals

Brown rice
Whole wheat pasta - spaghetti, macaroni, couscous
Whole grain breads, rolls, pita, bagels
Quick rolled oats
Wheat bran

Milk Products

Skim milk powder
Canned evaporated milk (2%, 1%, skim)

Meat & Alternatives

Baked beans in tomato sauce
Canned kidney beans, chickpeas, lentils
Dried beans, peas, lentils
Peanut butter
Canned fish packed in water or broth

Fats & Oils

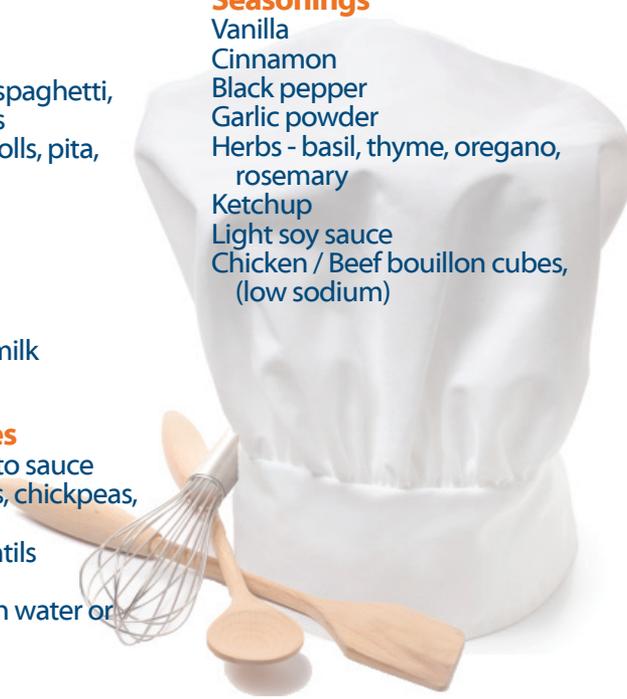
Vegetable oil
Olive oil for dressing, dipping and drizzling
Soft margarine with no trans fat

Baking Ingredients

Flour - white, whole grain
Sugar - brown, white
Baking powder
Baking soda
Cornstarch

Seasonings

Vanilla
Cinnamon
Black pepper
Garlic powder
Herbs - basil, thyme, oregano, rosemary
Ketchup
Light soy sauce
Chicken / Beef bouillon cubes, (low sodium)



HEALTH
DEPARTMENT

Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/foodsecure



If you require this information in an accessible format, contact 1-800-841-2729.

Dec 2019