



GOT TO COOK! DO YOU HAVE THE BASICS?

With a stay at home order in effect, it's a great time to pull out those pots and pans and start cooking. Planning meals is a lot easier when you have the right staples on hand. With the right basics, you'll be ready to put a healthy meal on the table in no time, and possibly worry less about what is not available on your local grocery store shelves.

Use the list below to give your pantry, refrigerator and freezer a makeover to make sure you have the right staples for your kitchen. Before you go to the grocery store, check your pantry for the basics you already have to avoid unnecessary expenses.



GET STOCKED *Pantry Checklist*

BREAKFAST AND CEREALS

- Cereal (whole grain varieties)
- Oatmeal
- Pancake mix

GRAINS, PASTA AND SIDES

- Bread (whole grain varieties)
- Tortillas or taco shells
- Pasta (whole grain varieties)
- Rice (whole grain, brown)
- Oats (old fashioned or rolled)

PRODUCE

- Onions
- Potatoes

CANNED AND JARRED FOODS

- Fruits and vegetables
- Meat, poultry and seafood
- Beans (pinto, black, garbanzo)
- Soups (lower sodium varieties)
- Nut butter (peanut, almond)
- Dried fruit
- Sauces (tomato, spaghetti, pizza)
- Salsa
- Broth or stock

SNACKS

- Crackers whole grain
- Popcorn
- Nuts

CONDIMENTS

- Ketchup
- Mustard
- Mayonnaise (lower fat)
- Salad dressing

BAKING AND COOKING

- Instant nonfat dry milk
- Flour (consider whole grain)
- Sugar (white granulated, brown)
- Seasonings and spices
- Oil for cooking (olive, canola, vegetable)
- Vinegar



Can't find your favorite pancake mix in the store right now? Use this recipe to whip up these homemade pancakes!

HOMEMADE PANCAKES

INGREDIENTS

- 1 1/2 cups flour*
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1 container vanilla low-fat yogurt (6 ounces)
- 3/4 cup water
- 3 tablespoons oil*

*Healthy Options: Try using whole wheat flour instead of white flour. Whole wheat flour adds a nutty flavor and texture to these great-tasting pancakes. Canola oil can be used as a healthier oil option. Adding fresh fruit like strawberries can be a great substitute for syrup.

INSTRUCTIONS

1. Heat griddle to 375 degrees Fahrenheit or heat a 12-inch skillet over medium heat. Grease with oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour slightly less than 1/4 cup batter from a cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top and puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.

<https://www.choosemyplate.gov/recipes/myplate-cnpp/whole-grain-strawberry-pancakes>

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. Employment and program opportunities are open to all people regardless of race, color, national origin, sex, age or disability. North Carolina A&T State University, North Carolina State University, the U.S. Department of Agriculture and local governments cooperating.

N.C. A&T is accredited by SACSCOC to award baccalaureate, master's and doctoral degrees. | N.C. A&T does not discriminate against any person on the basis of age, color, disability, gender identity, genetic information, national origin, race, religion, sex, sexual orientation, veteran status, or any other basis protected by law. | N.C. A&T is an AA/EEO and ADA compliant institution.

For more information, contact Carinthia Cherry, Ph.D., nutrition specialist, at cacherry@ncat.edu.



COOPERATIVE
EXTENSION