

## What's in your cupboard?

We all have our favorite foods that we like to have in our cupboard, ready to make quick meals and snacks. These quick meals save a lot of time.

You can also save money with pantry foods.

**Stock up on your favorite foods when they are on sale.**

## Take time to build your pantry.

- ✗ Write your family's favorite meal and snack ideas down in a notebook.
- ✗ Keep a list of easy meal and snack ideas.
- ✗ When family or friends share an idea or recipe, write it down.
- ✗ Write down easy meal and snack ideas that you find in magazines, cookbooks or television programs.
- ✗ Start slow. Use your ideas when buying foods for your pantry.

**Make a list of foods for your pantry.**

Buy foods that your family will eat.

**Keep a variety of your favorite pasta in your pantry.**

A lot of quick and easy meals are made with pasta.



## Here are some popular pantry foods:

Canned Tomatoes – sauce, paste, crushed, diced  
Canned Beans  
Refried Beans  
Chicken and Beef Broth  
Canned and Dry Soups  
Canned Fruits and Vegetables  
Canned Tuna, Salmon and Chicken  
Peanut Butter  
Flour, Sugar, Salt, Pepper  
Breakfast Cereal, Oatmeal  
Pancake Mix  
Whole Grain Crackers  
Pretzels  
Spaghetti sauce  
Salsa  
Rice  
Italian Seasoning  
Garlic Powder  
Pasta – macaroni, spaghetti, rotini, penne and egg noodles



# Family Meals

Family meals filled with love and laughter create happy memories that last a lifetime.

## Eat with your children.

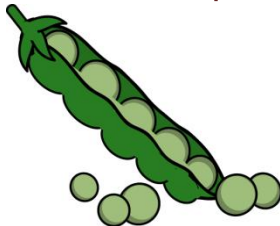
Sit together at a table or counter in your kitchen.

## Enjoy table talk

“What’s the best thing that happened today?”

## Listen to your children.

Encourage your child to talk.  
Turn off the television.



## Family Pasta

- 8 ounces pasta
- 1 tablespoon olive oil or canola oil
- ½ teaspoon garlic powder
- 1/2 cup milk or chicken broth
- 2 tablespoons parmesan cheese

- 1 Cook pasta in a large pot of boiling salted water until tender. Drain pasta. Toss pasta with oil.
- 2 Add garlic powder, and milk or chicken broth to pasta.
- 3 Toss and heat over low heat for 2 minutes.
- 4 Sprinkle with parmesan cheese and serve.

4 servings (1 cup serving) – 273 calories, 5 grams fat, 16% calories from fat and 2.5 grams of fiber in a serving.

## Add your favorite ingredients...

- When noodles are boiling in water, add your favorite frozen vegetables (broccoli, carrots, cauliflower, corn or peas) during the last minute of cooking time. Cook the vegetables with the pasta and drain.
- Drain pasta. Add chopped fresh spinach. Stir and cook for 2 minutes.
- Add shredded carrots or broccoli to drained pasta. Stir and cook for 3 minutes.
- Add chopped fresh or dry Italian Herbs – basil, oregano, thyme.
- Add chopped ham to pasta.
- Cut a chicken breast into chunks. Cook in a skillet with vegetable oil and seasoning. Add to the pasta.
- Cook a few shrimp in a skillet with vegetable oil and seasoning. Add to the pasta.
- Chop leftover grilled chicken or steak into small pieces and add to pasta.
- Top pasta with a tomato sauce.



## What can you do?

- Make a list of foods to keep in my cupboard or pantry.
- Plan to have at least one family meal each day.
- Prepare Family Pasta with my family’s favorite ingredients.
- Other: \_\_\_\_\_