

## SNAP-Ed Meal Planning & Using Pantry Items



- **Celebrateyourplate.org** has low-cost, tasty recipes available and helps you plan, budget for and create healthy meals
- **Before** going to the grocery, make a menu of the meals you want to make for the week. Then make a grocery list.
- If possible don't go to the grocery store until **after going** to your food pantry; you can plan your meals around pantry items you get and what is already in your house.
- **Reuse** ingredients or leftovers in your meals. Vegetables can come together in a soup and unused fruits can become a smoothie.
- **Get creative** with what you have on hand and what you receive from the pantry. Create a casserole out of pasta or rice, cream soup and vegetables.
- **Look out** for pastas and rice at the food pantry, these items are versatile.
- **Grab unsweetened cereal** to use for a chicken coating. Bake the chicken coated in bran flakes for a nice crunch.
- Have an item that is in your pantry and you can't remember when you bought it? Just check the **product date (sell by, use by, best by)**—canned goods can last a long time when stored properly.

**Sell By**  
**Best By**  
**Use By**

