



My Essential 6 Shelf-Stable Pantry Staples

When I'm considering pantry staples, my criteria are that they are used frequently and are easy and adaptable in a wide variety of recipes. These are my favorite essential pantry staples. They are all amazing in terms of the nutrition they provide, are low cost and can be used in a variety of dishes.

Olive Oil

Olive oil is a minimally processed, heart-healthy oil that can be used in a variety of ways. I use olive oil almost every day! It has a high smoke point, so is excellent for sautéing foods. I drizzle olive oil over veggies or use it in salad dressings, marinades, sauces and dips. I toss cut veggies and potatoes in olive oil before oven-roasting. I always use olive oil with pasta. Olive oil can also be used in baked goods or in wraps and sandwiches.

Oatmeal

Old-fashioned rolled oats, as whole grains, are an excellent source of fiber. They are also naturally unsweetened. I use oats to make nourishing bowls of oatmeal, gluten-free pancakes and in my homemade granola. Oats can be added to smoothies and baked goods. They can also be used as a thickener for sauces and dips. I prefer old-fashioned oats because they maintain their texture and are less “gummy” compared to quick oats.

Rice

Rice contains fiber and is easy to cook. I use rice in many dishes from rice bowls to tacos. Rice can be made to taste savory or sweet. I like to have short-grain (sushi rice), long-grain (white, jasmine and basmati), as well as brown rice in my pantry for a variety of recipes.

Pasta

Pasta is very child-friendly and comes in more shapes than just spaghetti and macaroni. Although many children like pasta with a simple topping of butter, olive oil or parmesan cheese, I like to use pasta as a base for a variety of different sauces. My favorite sauce is a quick and simple tomato sauce. Pasta is now available in high protein and gluten-free options.

Red Lentils

Red lentils are packed with protein and fiber. I like red lentils because they are quick to cook and nourishing. Red lentils can be eaten alone or added to soups and stews. I use red lentils in spreads for sandwiches/wraps as well as in dips for veggies and chips.

Peanut Butter

Peanut butter (or any other nut, or seed, butter) packs flavor and protein in every spoonful. I love to eat peanut butter alone or spread it on a warm English muffin for breakfast. I use peanut butter to add delicious flavor to sauces for pastas and rice, or grain bowls. Nut butters can also be used in spreads for sandwiches/wraps and on veggies.

The great thing about each of these pantry staples is that they can be used for a variety of recipes and snacks. Sign up for my [Newsletter](#) to continue learning some of my favorite parent tools and recipes. If you need more ideas on how to help improve your child's relationship with food and eat healthier, I'd love to discuss strategies with you on a 1:1 [Call](#).