

PANTRY RESOURCE GUIDE



PANTRY TIPS & STAPLES

Recipes made with 5
ingredients or less

Local Food Assistance & Pantries

Kennebec County Food Pantries

1. South Paris Congregational Church Food Pantry
2. Belgrade-Rome Food Pantry
3. Hallowell Food Bank Inc.
4. Litchfield Food Bank
5. Salvation Army - Augusta Food Pantry
6. Maranacook Area Food Bank
7. Oakland Soup and Sandwich
8. First Baptist Church Food Pantry (Mt. Vernon)
9. Oakland Food Pantry
10. Winthrop Food Pantry
11. China Community Food Pantry
12. Fairfield Interfaith Food Pantry
13. Augusta Food Bank
14. South Gardiner Baptist Church Food Pantry



14. South Gardiner Baptist Church Food Pantry
15. Monmouth United Church Food Pantry
16. Loaves and Fishes - Albion Food Pantry
17. City Reach Pantry - Augusta
18. Apostolic Food Pantry - Augusta
19. Vassalboro Food Station Food Pantry
20. North Monmouth Food Pantry
21. Greater Waterville Area Food Pantry
22. Lord's Cupboard Food Pantry - Readfield.
23. Northeast Dreamcenter - Waterville



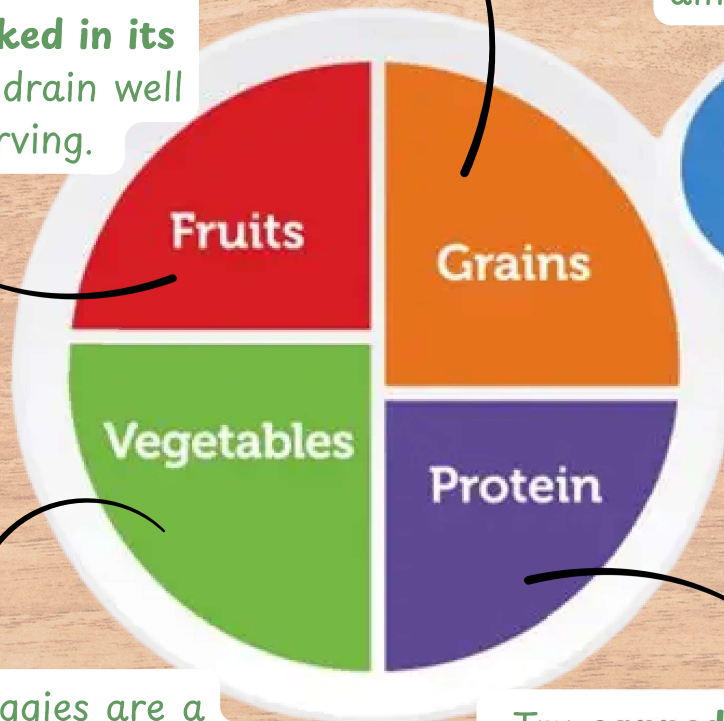
The MyPlate Pantry

MyPlate depicts the five food groups that are the building blocks for healthy eating habits. Consider these tips for making healthy pantry choices within each food group.

Aim for as many **whole grain options** as possible, like bread, pasta, tortillas, oatmeal, cereals, rice, barley, bulgur, and rolled oats.

Dairy pantry items include: **dried nonfat milk, canned milk, or shelf-stable non-dairy milk** (such as soy or almond milk).

Try canned fruit! Look for fruit **packed in its own juice** or drain well before serving.



Canned veggies are a great pantry staple. Look for "**low sodium**" or "**no salt added**" options.

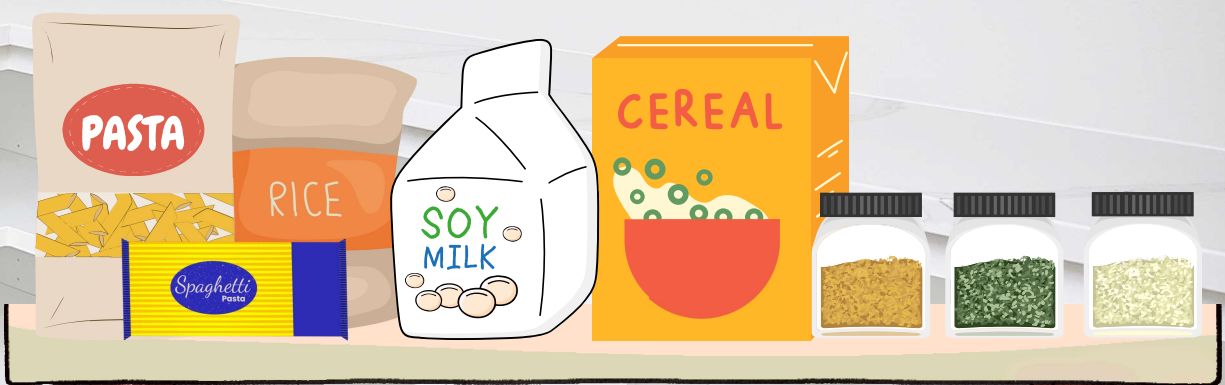
Try **canned tuna, canned chicken, canned and dried beans or lentils, nuts, and nut butters.**

A Look Inside a Nutritious, Well-Balanced Pantry



Notice all 5 food groups are stocked in this pantry

Canned vegetables, fruits, and proteins are key to stocking a nutritious, well-balanced pantry.



Keep whole grain staples and spices on hand. Grains can be used as a base for many meals, and spices will add flavor.

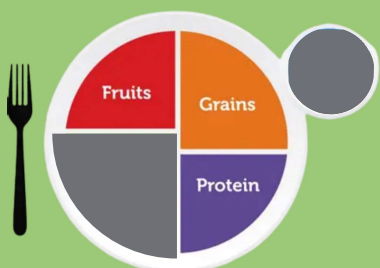


Cranberry Oatmeal Balls

 16 servings  15 minutes

INGREDIENTS

- 1 cup oats (quick-cooking or old fashioned rolled)
- $\frac{1}{3}$ cup chopped almonds or other nuts or seeds
- $\frac{1}{3}$ cup peanut butter
- 3 Tablespoons honey (see Notes)
- $\frac{1}{3}$ cup dried cranberries or other dried fruit



RECIPE SOURCE: [FOOD HERO](#)

DIRECTIONS

1. Wash hands with soap and water.
2. In a medium bowl, combine all ingredients until well mixed.
3. Form about 2 Tablespoons of mixture into a ball and place on a baking sheet. Repeat with remaining mixture to make 16 balls.
4. Refrigerate for 30 minutes.

From your pantry:

- oatmeal
- dried fruit
- seeds or nuts
- nut butter
- honey

enjoy



Breakfast Rice Bowl



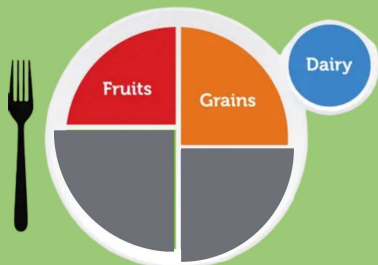
2 servings



20 minutes

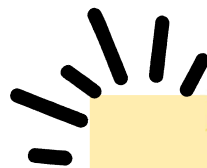
INGREDIENTS

- 1 cup cooked brown rice (or oats)
- ½ cup nonfat or 1% milk
- ½ teaspoon cinnamon
- 1 cup chopped fruit (try a mixture – apples, bananas, raisins, berries, canned peaches)
- 2 tablespoons chopped nuts (try unsalted walnuts or almonds)



DIRECTIONS

1. Combine cooked rice, milk and cinnamon in a microwave safe bowl. Microwave on HIGH for 45 seconds. Stir and heat for another 45-60 seconds, or until rice mixture is heated through.
2. Divide rice mixture between two bowls. Top with fruit and nuts. Serve warm.
3. Refrigerate leftovers within 2 hours.



From your pantry:

- rice
- canned and/or dried fruit
- nuts

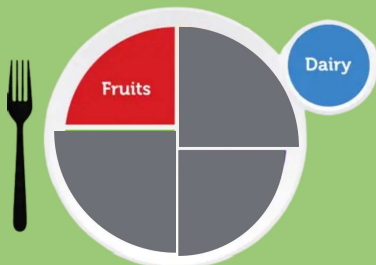


Pumpkin Pudding

 7 servings  10 minutes

INGREDIENTS

- 1 can (15 ounces) pumpkin or 2 cups cooked mashed squash
 - $\frac{1}{8}$ teaspoon salt
 - 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{4}$ teaspoon nutmeg and $\frac{1}{4}$ teaspoon cloves)
 - 1 $\frac{1}{2}$ cups non-fat or 1% milk
- 1 package (3.5 ounces) instant vanilla pudding mix



RECIPE SOURCE: [FOODHERO](https://www.foodhero.com)

DIRECTIONS

1. In a large bowl, mix pumpkin, salt and pumpkin pie spice together.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir for 2 minutes until it thickens.
4. Refrigerate until serving time.
5. Refrigerate leftovers within 2 hours.

From your pantry:

- canned pumpkin
- instant pudding mix
- spices



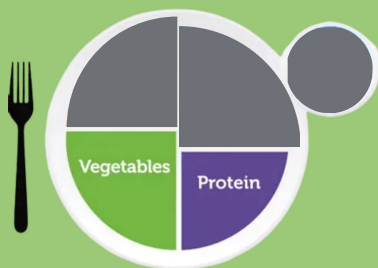


Southwestern Black-eyed Pea and Corn Salad

 10 servings  30 minutes

INGREDIENTS

- 1 medium bell pepper
- 1 small red onion
- 2 (15½ ounce) cans black-eyed peas
- 1 (15¼ ounce) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- ¼ teaspoon salt
- ½ teaspoon ground black pepper



DIRECTIONS

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas and corn.



From your pantry:

- beans
- canned corn
- spices



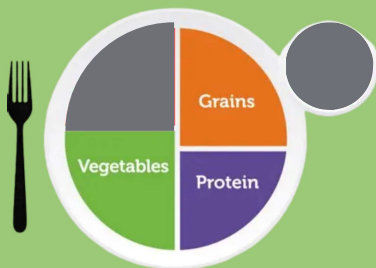
Veggie Ramen



1 servings ⌚ 10 minutes

INGREDIENTS

- 1 packet of instant ramen
- 1 canned vegetable like peas, carrots, or green beans
- 1 egg



DIRECTIONS

1. Cook ramen noodles according to the package.
2. Drain canned vegetables and add to the noodles in a bowl.
3. Add a fried egg for extra protein.

Tip: If you are trying to cut back on added sodium, add half of the seasoning packet.

From your pantry:

- instant ramen
- canned vegetable

tasty

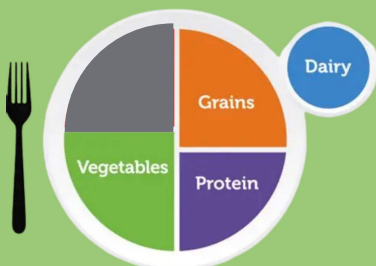


Tuna Casserole

 8 servings  50 minutes

INGREDIENTS

- 1 cup water
- 5 ounces egg noodles (wide)
- 1 can cream of mushroom soup (10.75 ounce)
- 1/3 cup skim milk
- 1 can tuna (6.5 ounces, packed in water, drained)
- 1 cup green peas (frozen)
- 1 cup bread crumbs (optional)



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the water, soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with breadcrumbs if desired.
8. Bake for 30 minutes.

From your pantry:

- noodles
- mushroom soup
- canned fish
- canned peas
- breadcrumbs (optional)

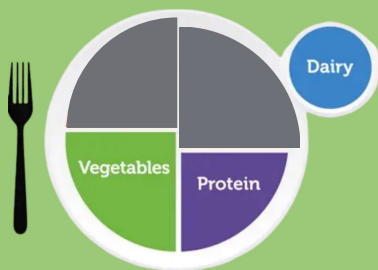


Corn and Bean Stuffed Potatoes

 4 servings  15 minutes

INGREDIENTS

- 2 medium potatoes (each about 5 inches x 2½ inches)
- 1 cup black beans, rinsed and drained
- ¾ cup salsa
- 1 cup corn
- ½ cup shredded cheese (try cheddar, pepper jack, or Mexican blend)



RECIPE SOURCE: [MAINE SNAP-ED](#)

DIRECTIONS

1. Scrub potatoes. Poke potatoes with a fork 2 or 3 times. Microwave on high for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
2. In a microwave safe bowl, combine beans, salsa and corn. Microwave for 2-3 minutes, stirring occasionally, until heated through.
3. Cut potatoes in half length-wise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm.
4. Refrigerate leftovers within 2 hours.

delicious!

From your pantry:

- beans
- canned corn
- salsa



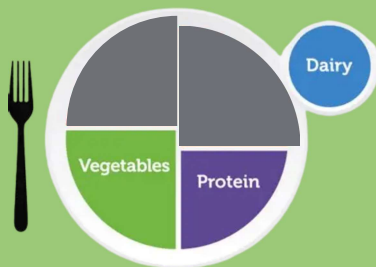
Quick Chili



6 servings ⌚ 25 minutes

INGREDIENTS

- ½ pound lean ground meat
 - 1 medium onion, chopped
 - 1 can (15 ounces) kidney beans with liquid
 - 2 cans (14.5 ounces each) diced tomatoes with liquid
 - 2 tablespoons chili powder
- Optional: cheese



DIRECTIONS

1. Brown meat and onions in a large skillet over medium-high heat (350 F degrees in an electric skillet). Drain fat.
2. Add undrained beans, tomatoes with liquid and chili powder.
3. Reduce heat to low (250 F degrees in an electric skillet), cover and cook for 10 minutes. Serve warm.
4. Refrigerate leftovers within 2 hours.



From your pantry:

- beans
- canned tomatoes

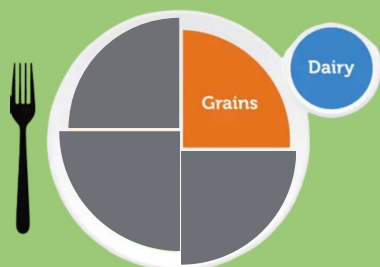


Whole Wheat Yogurt Rolls

 10 servings  25 minutes

INGREDIENTS

- 1 ½ cups whole wheat flour
- 1 ¾ teaspoons baking soda
- 1 teaspoon salt
- 1 ¼ cups low-fat plain yogurt



DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Stir flour, baking soda, and salt together in a large bowl. Add yogurt to the center and stir until a dough forms.
3. Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly until surface is smoothed.
4. Place on baking sheet and flatten each ball to ½ inch thick.
5. Bake for 10 to 15 minutes, until light golden brown.
6. Serve warm with a soup or salad.



From your pantry:

- whole wheat flour
- baking soda
- salt



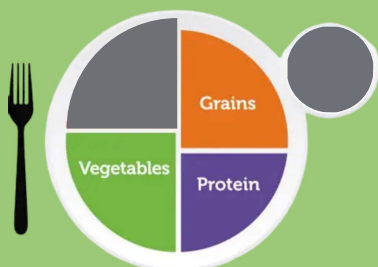
Peanut Noodles



8 servings ⌚ 30 minutes

INGREDIENTS

- 1 (16 ounce) package whole wheat pasta
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{3}$ cup warm water
- $\frac{1}{4}$ cup low-sodium soy sauce
- 2 Tablespoons cider vinegar
- 4 teaspoons sugar
- 1 bag frozen vegetables, such as broccoli or snow peas, thawed, or 2 canned vegetables



RECIPE SOURCE: COOKING MATTERS

DIRECTIONS

1. Cook pasta using package directions. Make sauce and veggies while pasta cooks.
2. In a medium bowl, combine peanut butter and warm water. Stir into a smooth, thin sauce.
3. Add soy sauce, vinegar, and sugar. Mix until sugar dissolves. If using, stir in red pepper flakes.
4. In a microwave-safe bowl, add thawed frozen veggies and $\frac{1}{2}$ cup water. Steam in microwave for 3-5 minutes. Drain any excess water.
5. Pour peanut sauce and steamed veggies over cooked, drained pasta. Toss to combine. Serve warm or cold.

From your pantry:

- pasta
- peanut butter
- soy sauce
- vinegar



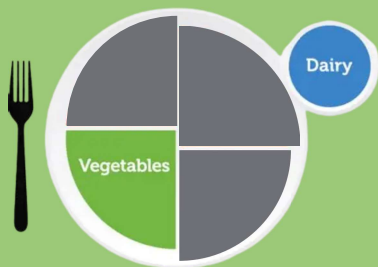
Skillet Corn Chowder



4 servings ⌚ 25 minutes

INGREDIENTS

- ½ small onion, diced
- 2 tablespoons vegetable oil
- 1 can (15 ounces) can cream style corn
- 2 cups nonfat or 1% milk
- ½ cup reduced fat cheddar cheese, grated



DIRECTIONS

1. In a large skillet over medium-high heat (350 degrees in an electric skillet) saute onion in oil until transparent.
2. Add corn and milk. Stir until mixed together.
3. Heat until just bubbly.
4. Stir in cheese and serve as soon as melted.

Refrigerate leftovers within 2 hours.

Add cannellini beans for extra protein!



From your pantry:

- canned corn
- beans (optional)



THANK YOU!

We hope you found this guide
informative and helpful!

For more information on the
Little Free Pantry project,
please visit
Littlefreepantry.org

This project was brought to you through partnerships
with Maine SNAP-Ed, Healthy Communities of the
Capital Area, and Lithgow Public Library.