

The Best Foods to Stock Up On During COVID-19

First, take inventory on what you already have in your pantry. Then, add non-perishables, long-lasting perishables, frozen fruits and canned vegetables to your grocery list. When purchasing canned goods, look for low-salt varieties. Here's a suggested list of what to buy.

You'll want to have two weeks' worth of food for everyone in your household.

Fruits

- **Any frozen fruit**
- **Any dried fruit** (apricots, prunes, raisins, cranberries, figs)
- **Long-lasting fresh fruit** (apples, oranges, lemons, limes, pomegranates)
- **Canned fruit in water**
- **Applesauce and other fruit purees**



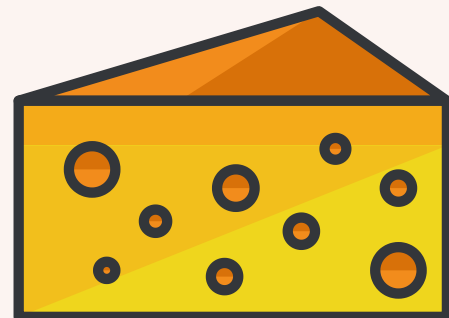
Vegetables

- **Canned veggies** (green beans, carrots, peas, diced tomatoes)
- **Frozen veggies** (broccoli, cauliflower, asparagus)
- **Long-lasting fresh veggies** (potatoes, squash, carrots, parsnips, onions, garlic, whole mushrooms)
- **Jarred salsa**



Dairy

- **Milk** (low-fat and milk alternatives such as soy, cashew, and oat milk)
- **Greek yogurt**
- **Low-fat cheese**



Grains

- **Whole-wheat pasta or chickpea pasta**
- **Brown rice**
- **Ancient grains** (quinoa, farro)
- **Steel-cut oats**
- **Popcorn**
- **Whole-wheat or seed crackers**
- **Whole-wheat or sprouted bread** (keep in freezer and toast when ready to eat)



Healthy Fats

- **Olive oil**
- **Avocado oil**
- **Flax seeds**
- **Chia seeds**
- **Unsalted grassfed butter** (can store in freezer too)



Protein

- **Tuna or salmon** (canned or in pouch)
- **Chicken or turkey** (canned or in pouch)
- **Frozen fish**
- **Lentils**
- **Nut/seed butters**
- **Nuts and seeds**
- **Trail mix**
- **Dry or canned beans**
- **Hummus**
- **Eggs and egg beaters**



Beverages

- **Water** (if you're unable to or prefer not to drink tap)
- **Low-sugar electrolyte drinks**
- **Pre-made protein shakes or meal-replacement shakes** (in case you get sick and lose your appetite)
- **Canned or boxed low-sodium broth**

