



## Cooking for One or Two People: Your Emergency Food Shelf

Having an emergency shelf stocked with non-perishable foods is a big help if you can't get out to the store. You can plan quick and creative meals with just a few basic items. Even though these foods will last for a long time on the shelf, it is a good idea to use and replace them occasionally. Items stored in the freezer should be used within two to three months.

### Suggested items to have on hand

#### Vegetables and Fruit

- Canned or frozen fruits and vegetables.
- Canned, boxed or frozen juice.
- Dried fruit (raisins, dates, apricots).
- Sodium-reduced canned soup (mushroom, vegetable, tomato).
- Canned or bottled pasta sauces.

#### Grain Products

- Frozen whole grain bread, rolls, muffins.
- Crackers, melba toast, breadsticks.

Dietitians provide food and nutrition information you can trust. Find a dietitian in your area at [www.dietitians.ca/find](http://www.dietitians.ca/find) or call 1-888-901-7776.



©2009 Dietitians of Canada; may be reproduced in its entirety provided source is acknowledged. PEN® review October 2008.

- Enriched or whole grain pasta.
- Enriched or brown rice.
- Biscuit mix.
- Hot cereals (oatmeal, cream of wheat).
- Ready-to-eat cereals.
- Flour.

#### Milk and Alternatives

- Canned evaporated milk.
- Dried skim milk powder.
- Instant pudding mix or ready-made puddings.

#### Meat and Alternatives

- Canned salmon, tuna, chicken, sardines, ham.
- Canned beans, stew, chili.
- Dried or canned lentils and beans.
- Peanut butter.
- Nuts.
- Frozen meat, poultry, fish.
- Frozen dinners.



#### Other

- Sugar
- Baking powder
- Baking soda
- Low sodium bouillon
- Coffee
- Tea.

**This Factsheet distributed compliments of:**

**Advancing health through food and nutrition** [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)

October, 2008. These Senior Friendly™ Ideas for Healthy Eating were developed as part of a collaborative project between Dietitians of Canada and the Alberta Council on Aging (ACA). Funding was received from Health Canada. The ideas expressed in these nutrition fact sheets do not necessarily represent the views of Health Canada. As owners of the Senior Friendly™ trademark, ACA is responsible for promoting and distributing the Senior Friendly™ program, products and resources.