

STARTER KITCHEN FOOD NEEDS

Every home starts small and grows.

Even the kitchen or pantry begins as a **STARTER KITCHEN**.

Whether you are a single man or woman living alone and starting your first home, an elder living alone for the first time, or a family with small children who recently moved; a well-stocked **STARTER KITCHEN** will be important.

Here are ideas for needed foods and cooking equipment! These basics will save you money and help you plan healthy meals.

Ideas as build your **STARTER KITCHEN!**

1. You do not have to buy everything at once.
2. Buy only what you know you have room to store.
3. Be brave. Try new foods like lentils/beans and seasonings that may be new to you.
4. Don't buy things on the **STARTER KITCHEN** list if you know you will never use it.
5. If you do not have room or cupboards, the **STARTER KITCHEN** items may be stored in a cardboard box or plastic tote.
6. After opening individual food items, put them into clean, dry containers. Covered plastic tubs, glass jars or coffee containers will work to keep insects or pests out.
7. Keep the **STARTER KITCHEN** stocked, by adding items to a grocery list as you use the last of any item.

Grains

Rice – whole grain, white

Pasta – macaroni, spaghetti, noodles (any width), lasagna

Bread – loaf

Other - Bread Crumbs

Cereal –

Vegetables & Fruit

Raw, good keepers – potatoes, onions, carrots, apples

Canned – corn, tomatoes, tomato paste, tomato sauce, potatoes, carrots, beans, peas, peaches, plums, pineapple, fruit cocktail

Soups – tomato, vegetable, mushroom, celery

Compliments – raisins, spaghetti sauce, pizza sauce

Meat & Alternative

Beans, Canned – kidney, garbanzo, chick peas, black, northern

Lentils, Dried – split pea, navy beans

Nuts and nut Products – peanut butter, walnuts, peanuts

Meat/fish, Canned – salmon, tuna, chicken

Milk

Milk – Powdered-dry milk, evaporated or UV

Fats & Oils

Margarine - tub

Oil – Canola, olive, vegetable

Baking Ingredients

Flour – whole wheat, all purpose

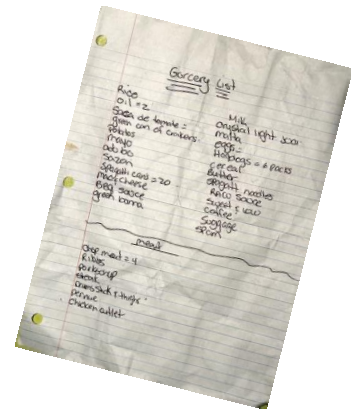
Sugar – white, brown, powdered

Other – baking powder, baking soda, cornstarch, vanilla

Seasoning

Spices – cinnamon, chili powder, dry basil or dill weed

Seasoning – salt, pepper, garlic powder, bouillon cubes (chicken, beef), soy sauce, vinegar, ketchup, mustard, Worcestershire Sauce



STARTER KITCHEN EQUIPMENT NEEDS

(These items do not need to be new. Thrift shops, rummage sales, and discount stores will fill the need.)

- ✓ Clothes for wiping and drying or clean rags
- ✓ Cutting Board – 8” X 10”, plastic
- ✓ Knives – cooking knives (large and medium), paring knife
- ✓ Hand Can Opener
- ✓ Mixing Bowls (3) – variety of stainless steel, plastic or glass 1 to 3 quart
- ✓ Measuring Cup (for liquid) – 2 to 4 cup with pour spout & graduated measure on side
- ✓ Measuring Cups (dry) – ¼, ½, 1 cup
- ✓ Measuring Spoons – ¼, ½, 1 tsp. and 1 Tbsp.
- ✓ Colander or Strainer
- ✓ Rubber Spatula
- ✓ Wooden Spoon
- ✓ Fry Pan – 8” and/or 10”, cast iron or non-stick with a lid
- ✓ Saucepans or Kettles – 1 quart and/or 3 quart
- ✓ Pots – 8 quart and/or 12 to 16 quart
- ✓ Casserole Dish – 2 quart, covered (glass)
- ✓ Egg Turner, Ladle and/or Long-Handled Metal Spoon
- ✓ Baking Pan – 9” X 13” (cake pan) and/or 15” X 10”
- ✓ Loaf Pan – 9” X 5” X 3”
- ✓ Plate, bowl, small glass, mug, fork, butter knife and spoon for each person in the house



“Food Helper Programs” to Supplement Your Dollars

FDPIR (Commodities) - Food Distribution Programs on Indian Reservations (formerly called commodities) is a USDA program offering monthly food packages. Participants are families living within Sovereign Nations. Foods include fresh vegetables and fruit, meat, poultry and fish, and staples like flour, cornmeal, and sugar. Participating families are encouraged to learn more about good nutrition and the available foods during local cooking classes and youth activities. You must live on the reservation to apply.

SNAP (Food Stamps) – (Bismarck call 222-6622) Supplemental Nutrition Assistance Program (formerly called food stamps) is a USDA program offering monthly food purchasing power through use of an EBT card. Choosing nutritious food is up to the individual shopper. These funds are a supplement to the individual’s food budget so will not cover all food costs, careful shopping and food handling skills are needed so there is food for the entire month. Contact your local County Extension office, local public health office or County Social Services office to find classes that will help you learn how to stretch your SNAP food dollars.

WIC – (Bismarck call 255-3370) Supplemental Nutrition Program for Women, Infants, and Children—Pregnant and breastfeeding mothers and children up to their 5th birthday are offered specific foods containing nutrients needed for growth and health. Participants receive food vouchers or EBT cards for the purchase of foods at your local grocery store. Participants are encouraged to learn more about nutrition and health, and may be required to attend monthly classes taught by WIC or the local County Extension office.

School Breakfast, Lunch and/or Summer Feeding Program – Breakfast, noon and after-school snacks are offered throughout the school year by USDA. Some families pay full prices and some pay less, depending on the family and community income. The food choices include those recommended for healthy growing bodies, including calcium-rich milk choices, fruit and vegetables, and whole grain breads and cereals. Summer programs are available in many communities. Ask for info at the school.

Emergency Food Banks - Most communities offer choices when families are in temporary need for food. Check your local phone book or community service list to find community options. Ask at a school or church, they usually have a list of local resources. **Bismarck call 223-1889 Salvation Army OR 258-2240 Community Action. Thursday 5pm meals FREE to all who come to Trinity Lutheran Church on Ave. A and 3rd St.**

Revised March 2016