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The Winter Pantry

By Jessica McLaughlin

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Just because a lot of your favourite fruits and vegetables are out of season doesn't mean you're out of luck in the kitchen. Use this handy list to stock your pantry for the winter months.

The thought bundling up and braving the nasty, snowy weather for a trip to the grocery store isn't very attractive. With that being said, your best bet is to stock your pantry for those frigid days you'll be warm inside.

Protein in the Pantry

- Canned tuna (or other fish like salmon)
- Beans – dried and canned (e.g. chickpeas, kidney beans)
- Peanut butter and nuts

Fruits and Veggies

Many winter fruits and veggies will keep longer. Squashes and root vegetables are easy to keep on hand for those stormy days.

- Winter squash (e.g. butternut, acorn, spaghetti)
- Roots and tubers (e.g. potato, onion, turnip)
- Winter greens (e.g. Swiss chard, kale, mustard greens)

You'll also want to stock up on canned, dried and frozen essentials.

- Canned tomatoes and sauce
- Dried fruit
- Canned and frozen selection of fruits and veggies
- Juices and juice boxes (e.g. orange, apple, tomato, grape)

Other Hearty Staples

- Whole grain cereals
- Rice
- Couscous
- Pasta
- Crackers
- Olives
- Olive Oil
- Canned soups and broths

Treats for Cold Nights

- Microwave popcorn
- Instant hot chocolate
- Instant pudding
- Powdered gelatin mixes



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