

Preparing Your Pantry

Preparing your pantry to shelter at home takes some planning. You will want to have fruits, vegetables, whole grains and proteins on hand.



Below are some tips from Kelsey Hutter, a registered dietitian and certified diabetes educator at Allegheny Health Network Center for Diabetes and Endocrine Health.

- Buy frozen fruits and vegetables to increase shelf life while not losing nutritional value.
- Buy canned fruit that is in water or 100% juice instead of syrup.



- Buy canned vegetables with low sodium or no added salt.

Information taken from eatright.org and triblive.com.

If you have questions, please contact your Social Worker or MVHCaregiverSupport@state.mn.us

How long will it last?

- Onions, sweet potatoes, and russet potatoes can last up to three to five weeks.
- Frozen vegetables can last up to a year.
- Most fresh fruits do not last past three to five days, except apples, which can last up to a month.
- Proteins – chicken, beef, fish – typically last three to five days in the refrigerator but can be frozen for longer periods.
- Canned tuna and beans can last two to five years, along with nut, almond, and cashew butters.



- Grains (pasta, rice, legumes) can last two to four years if stored in airtight containers.
- Eggs can last three to five weeks in the refrigerator.
- Healthy fats like nuts and seeds can be frozen to extend shelf life.

