



15 KITCHEN ESSENTIALS

PRODUCE

FROZEN FRUITS AND VEGETABLES

Frozen Plantains: 39 cents per serving

Frozen produce, frequently less expensive than fresh, is often picked at peak freshness, which preserves its nutrient value.

CANNED VEGETABLES

Canned Corn: 50 cents per serving

Canned vegetables, such as corn and tomatoes, are good options if low in sodium.

FLAVOR

Chicken Stock: 72 cents per serving

Cook rice, quinoa and grits with chicken stock instead of water for a richer flavor. You can also use beef or vegetable stock.

Garlic: 2 cents per serving

A head of garlic is less expensive than minced garlic that comes in a jar but has a shorter shelf life.

HERBS AND SPICES

Cayenne Pepper: 3 cents per serving

Cumin: 3 cents per serving

Curry Powder: 6 cents per serving

Having a few basics on hand such as cayenne pepper, ground cumin and curry powder or a mixture can help spice up plain dishes. Though herbs and spices can be pricey, the seeds are inexpensive and easy to grow — and gardening is a good outdoor activity for families.

JUICES

Lemon Juice: 4 cents per serving

Lime Juice: 4 cents per serving

These juices can mimic the taste of salt, without the added sodium.

COOKING OILS

Canola Oil: 5 cents per serving

Olive Oil: 10 cents per serving

Vegetable Oil: 6 cents per serving

Which oil to use depends on what you're cooking. For baked goods, a neutral-tasting vegetable oil is best. For savory dishes, the earthy flavor of olive oil could enhance your meal.

DAIRY

Milk (Fresh, Whole, Fortified): 18 cents per serving

Consider buying low-fat or skim milk, which provide similar amounts of calcium and vitamin D without the added saturated fat found in whole milk.

Cheddar Cheese: 34 cents per serving

Sharper cheese has more flavor so you use less.

GRAIN



Brown Rice: 23 cents per serving

Brown rice costs slightly more and takes longer to cook than white rice, but it has more flavor and nutritional value.

Grits: 19 cents per serving

Whole grain grits are higher in fiber, which can help improve digestion.

Quinoa: 54 cents per serving

To cut quinoa's bitter taste, rinse with a mesh strainer. Also try adding a spoonful of coconut oil or lime juice to cooked quinoa as it cools.

PROTEIN

Grade A Eggs: 14 cents per serving

Eggs are a good source of protein with about 6 grams per serving. Add a poached or fried egg over vegetables for taste and protein.

Peanut Butter: 19 cents per serving

Peanut butter is easy to work into meals and snacks: Spread on apple slices in the fall, or mix with soy sauce and sriracha for a peanut noodle sauce.

Beans: 38 cents per serving (dried, any type)

Pinto and black beans can be very affordable if you cook them yourself — soaking, boiling, then simmering until tender — but this takes time. Canned beans can be cooked quickly and are less expensive than other protein sources.

Sources:

"AmazonFresh," Amazon. Accessed October 30, 2018.

"Average Retail Food and Energy Prices, U.S. and Midwest Region," U.S. Bureau of Labor Statistics. Accessed October 30, 2018.

"CFR — Code of Federal Regulations Title 21," U.S. Food & Drug Administration, April 1, 2018. Accessed October 30, 2018.

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