

Ways to Use Common Pantry Items

Mac and Cheese

Hack your mac! Adding ingredients to mac and cheese can up it's nutritional content and flavor! Try adding ingredients like vegetables, meat, beans, and more!

Cereal

Try adding fruit like bananas, strawberries or blueberries to plain cereal for extra flavor. Create a trail mix by adding nuts and dried fruits to a cup of more sugar-y cereal.

Shelf-Stable Milk

Use milk in cooking oatmeal for extra protein. Try using it in a new recipe, like muffins, mashed potatoes, quiches, or any recipe you or your family enjoy!

Pasta

Pasta can be used in many ways. You can use it in your pasta dishes, or add it to soups, casseroles, or salads. Pasta comes in shapes for anything!

Canned Green Beans

Try including canned green beans in soups, and stir-fries! Canned green beans are also tasty added to ordinary baked beans or baked into a casserole.

Tomato Soup

Tomato soup is a great base for your own creation! Try adding any of your favorite ingredients, like chicken, beans, spinach, cheese, herbs, and more!

Canned Chicken

Use canned chicken for chicken salad. Try adding it to soups, tacos, or pasta dishes. Try using it as a pizza topping!

Peanut Butter

Peanut butter can be used in many ways. Smear it on a sandwich for PB&J, dip apples or celery into it for a snack, or drop a spoonful into your oatmeal or smoothie!

Canned Corn

Make your own fire-roasted corn side dish by frying some corn in a pan with 1 tbsp of oil. Add a dash of cumin, chili powder, lime juice, salt, and pepper after cooking.

Tuna

Mix a 5oz can of drained tuna with 1 raw egg and form patties for tuna burgers. Fry for 5 minutes on each side in 1 tbsp of oil. Add your seasoning of choice to the patties.

Applesauce

Try adding applesauce to muffins, pancakes, oatmeal, or waffles. The sweetness of applesauce pairs well with savory dishes like pork chops.

Canned Mandarin Oranges

Add mandarin oranges to stir-fry! Create your own fruit salad by combining canned mandarin oranges, sliced bananas, and cherries.

Canned Ravioli/Spaghetti Rings

Add ingredients to these types of dishes for added nutritional value and flavor! Try adding shredded carrots, chopped peppers, or chili beans and a protein source.

Spaghetti Sauce

Make a ratatouille type dish with spaghetti sauce. Slice squash, zucchini, eggplant, tomatoes, and potato. Layer spaghetti sauce on top and bake at 425 for an hour.

For more ideas, visit smfoodbank.org.