



GS2

GROCERY SHOPPING

Pantry Makeover

Time: 70 Minutes

Having a healthy, stocked pantry can solve a meal challenge in a flash. Learn how to choose items for your pantry that are nutritious, have a long shelf life and can be used to make easy and delicious meals. Select heart-healthy staples from a mock pantry and transform them into a tasty family dinner.

OBJECTIVES:

Learn how to stock a pantry with affordable items to make heart-healthy meals.

Create a meal using heart-healthy pantry items.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Prepare recipe provided in the lesson for the activity. Or select one that uses heart-healthy kitchen staples from the AHA website: [Healthy for Good Recipes](#).
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Play video(s) or demonstrate content (see demo script).

ACTIVITY (20 Minutes)

- Participants will create a delicious and nutritious meal using heart-healthy staples selected from a mock pantry.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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Pantry Makeover Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- ❑ Video – [Pantry Makeover Demo](#)
- ❑ Article – [Staple Ingredients for Quick Healthy Meals](#)

Find these resources in this lesson

- ❑ Recipe – [Black-Eyed Pea, Corn and Rice Salad](#)
- ❑ Handout – [Keep It Fresh](#)
- ❑ Handout – [Heart-Healthy Essentials for Meal Prep](#)
- ❑ Handout – [Setting SMART Goals](#)

SPACE SETUP

- ❑ Chairs and tables for participants
- ❑ Demo table
- ❑ Pens for participants
- ❑ Folders
- ❑ Computer, internet access, and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

- ❑ 2 15.5-ounce cans low-sodium or no-salt-added black-eyed peas
- ❑ 1 15.25-ounce can low-sodium or no-salt-added whole-kernel corn
- ❑ 1 8.8-ounce package brown rice, microwaved using the package directions, rice broken into small pieces
- ❑ 2 medium ribs of celery
- ❑ 1 medium bell pepper
- ❑ 1 tablespoon olive or canola oil
- ❑ 1 tablespoon water
- ❑ 2 tablespoons fresh lemon juice or any type of vinegar
- ❑ ¼ cup chopped, fresh parsley or 1 tablespoon dried parsley, crumbled
- ❑ ½ teaspoon black pepper
- ❑ Chef's knife
- ❑ Cutting board
- ❑ Measuring cups/spoons
- ❑ Can opener
- ❑ Large bowl
- ❑ Bowls (for tasting)
- ❑ Forks (for tasting)
- ❑ Wooden spoons (for mixing)
- ❑ Microwave or rice cooker or electric burner and pot with lid (choose one appliance to cook the rice; microwaving is the fastest method)
- ❑ Optional: If available, use sinks and supply colander to rinse and drain the canned vegetables.

*Recipe serves 6 people; please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.

Pantry Makeover Demo Script

Use if video capabilities are unavailable.



SAY:

For hassle-free healthy meal prep, be prepared with a stocked pantry. Keep basic heart-healthy ingredients in your cabinets, fridge and freezer.

-  Having a stocked pantry can save you time and worry after a busy weekday or even on the weekends when you don't have time to pick up groceries.
-  Stock your pantry or cabinets with the following ingredients:
-  Keep "dinner builder" items, such as beans, tuna, chicken, tomatoes and marinara sauce, to start a meal easily.
-  For grains, buy whole-grain pastas in a variety of shapes. Also consider keeping brown rice and other easy-to-make whole grains like bulgur, couscous, and quinoa. Old-fashioned rolled oats are also handy for a quick oatmeal breakfast.
-  For baking, whole-wheat flour or white whole wheat flour can often be substituted for white flour. Cornmeal is also a great option for anything from muffins to pancakes.
-  For healthy snacking, buy nuts, seeds and low-fat nut butters. Some examples include walnuts, almonds and sunflower seeds.
-  For salad dressings and sauces, consider dressings made with fresh citrus juices and nontropical oils (olive or canola).
-  Fat-free, low-sodium chicken or vegetable broth can be used for soups. You can also add no-salt-added canned vegetables to soups or use them for easy sides and in sauces.
-  If you purchase fresh produce, make sure to store it properly.
-  For example, keep fruits and vegetables like onions, garlic, hard squash, and sweet potatoes in a cool, dark place like your pantry or cellar.
-  Store bananas, citrus fruit and tomatoes on your countertop away from sunlight, heat and moisture.

-  In your refrigerator, you can store most of your other fruits and vegetables in plastic bags with holes.
-  It's also important to keep fruits like apples and bananas separate because they give off a gas called ethylene and can make other produce ripen and spoil faster.
-  Store your fruits and vegetables separately.
-  If you purchase canned fruits look for those canned in water or their own juice, not syrup.
-  For canned vegetables, look for low sodium or no-salt-added.
-  Purchase frozen fruit and vegetables without added sugar or sauces as great additions to smoothies or as key ingredients for your meal.
-  Unsweetened dried fruits are also great for snacking.
-  During meal preparation and cooking, use nontropical vegetable oils like canola and olive.
-  Dried herbs and spices or salt-free seasoning blends can add instant flavor to your meals. Fresh rosemary is a great addition when roasting poultry and vegetables.
-  For your fridge and freezer there are a few key essentials to have:
-  Fat-free/low-fat dairy products including milk, yogurt and cheese. Soft margarine with no trans fat.
-  Non-breaded, frozen fish fillets, chicken breasts or lean and extra-lean meats can be kept in the freezer for a quick meal.
-  When you are building your stocked pantry, compare nutrition labels, and choose products with the lowest amounts of sodium, choose products with the lowest amount of sodium, added sugars and saturated fat and no trans fat.
-  You can also look for the Heart-Check mark to easily identify foods that can be part of your heart-healthy eating plan.

Pantry Makeover Activity Script

Divide participants into teams to practice preparing an easy and nutritious meal with heart-healthy kitchen staples.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY:

Before we get started today, who can tell us which of the ingredients you grabbed are heart-healthy staples to include in your pantry?

Pause, wait for response(s).



SAY:

This healthy dish will show you how easy it is to make a tasty, nutritious salad using just a few ingredients!

Remind participants to share the following ingredients with one another: the olive/canola oil, lemon juice, parsley and black pepper.



SAY:

Once everyone has finished making the recipe, divide it into tasting cups and share with your team.

Black-Eyed Pea, Corn and Rice Salad

Makes 6 servings; 1 1/3 cups per serving
Per serving: 231 Calories; 0.5 g Saturated Fat; 62 mg Sodium



This quick, hearty, no-cook bean dish takes advantage of a well-stocked pantry.

INGREDIENTS

- 2 15.5-ounce cans low-sodium or no-salt-added black-eyed peas
- 1 15.25-ounce can low-sodium or no-salt-added whole-kernel corn
- 1 8.8-ounce package brown rice, microwaved using the package directions, rice broken into small pieces
- 2 medium ribs of celery
- 1 medium bell pepper, chopped
- 1 tablespoon olive or canola oil
- 1 tablespoon water
- 2 tablespoons fresh lemon juice or any type of vinegar
- 1/4 cup chopped, fresh parsley
or 1 tablespoon dried parsley, crumbled
- 1/8 teaspoon black pepper

DIRECTIONS

1. Put all the ingredients in a large bowl.
2. Stir to combine. Serve.

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KEEP IT/**FRESH**

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables.



1/**PANTRY**

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS

HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS

WATERMELON

The American Heart Association recommends 4 servings of fruit and 5 servings of vegetables per day.

2/COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

3/REFRIGERATOR

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS, EGGPLANT & PEPPERS

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELONS

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI & SUMMER/YELLOW SQUASH

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.



American Heart Association.

Healthy for Good™

Heart-Healthy Essentials for Meal Prep

For hassle-free healthy meal prep, be prepared with a stocked pantry. Having some basic ingredients in your cabinets, refrigerator and freezer saves you time and worry on busy weeknights and even on weekends when you don't have time to grocery shop.



Cabinets & Pantry

- ✓ **“Dinner builder” items:** canned or dried beans, such as kidney, pinto, black, butter and navy; canned or pouched tuna, salmon and chicken; spaghetti sauce
- ✓ **Canned vegetables:** for easy side dishes and adding to soups and sauces
- ✓ **Whole grains:** brown rice, oats, couscous, bulgur and quinoa; whole-grain pastas, breads and tortillas (store extra bread and tortillas in the freezer); whole-grain flour or cornmeal for baking
- ✓ **Cooking oils:** nontropical vegetable oils, such as olive, canola and corn
- ✓ **Nuts, seeds and nut butters:** for stir-fries and garnishes (and satisfying snacks)
- ✓ **Broths:** fat-free, low-sodium chicken, vegetable and beef — for making soups
- ✓ **Dried herbs and spices:** keep a variety on hand and buy or create salt-free seasoning blends



Refrigerator & Freezer

- ✓ **Proteins:** Unbreaded fish fillets, skinless chicken breasts, extra-lean or lean meats; tofu
- ✓ **Dairy products:** low-fat and fat-free milk, yogurt and cheese
- ✓ **Soft margarine:** made with nonhydrogenated vegetable oil and containing no trans fat
- ✓ **Frozen vegetables and fruits:** choose a wide variety (lots of colors) without salty sauces and sugary syrups



Compare Nutrition Labels

- ✓ **Choose products with the lowest amounts of sodium, added sugars and saturated fat, and no trans fat**
- ✓ **Look for the Heart-Check mark** to easily identify foods that can be part of your heart-healthy eating plan



For more tips, visit heart.org/healthyforgood.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
