

Northern Nutritious Food Basket

Guide to shelf-stable and other foods for food assistance programs

Basic Basket of Shelf-Stable Foods



Fruits and Vegetables

canned peaches in fruit juice, canned tomatoes, canned corn, tomato-based pasta sauce, dried vegetable soup mix, dried mixed vegetables



Cereals and Other Grains

oats, rice, flour, barley, crackers or pilot biscuits



Dairy and Other Foods

canned milk or UHT milk, peanut butter, baking powder



Hearty Soup/Stews

chunky soup or canned stew



Dried Pasta

spaghetti or macaroni – whole wheat if available



Canned Meat, Fish and Beans

canned turkey, chicken, ham, tuna, salmon or sardines, baked beans

ADD THESE ITEMS WHEN AVAILABLE



Fresh or Frozen Vegetables and Fruits

apples, oranges, frozen berries (strawberries, blueberries, mixed berries), bananas, onions, carrots, celery, potatoes, frozen vegetables (spinach, peppers, mixed vegetables)



Meat, Poultry, Dairy

eggs, chicken legs or thighs, lean ground beef, pork chops, sliced sandwich meats, cheese, yogurt, fresh milk



Cereals and Grains

bread, ready to eat cereal (O-shaped cereal, corn flakes, shredded wheat – squares or biscuit)



Other

vegetable oil, butter or lard or margarine, yeast, mayonnaise or mayo-like dressing



Government of Northwest Territories

For more information contact healthpromotion@gov.nt.ca or your local dietitian.