



UBC'S PANTRY PURCHASING GUIDE



A for Student by Student Preparation Guide

This was also a student-led collaboration with the Food Security Initiative, Student Housing & Community Services and Faculty of Land and Food Systems as part of the SEEDS Sustainability Program



A survey was sent out to UBC students to evaluate their levels of emergency food preparedness. Only 50% of students said they could sustain themselves for 1 week with their household food, and only 26.3% of those students considered that food to be healthy. This pantry purchasing guide was developed for UBC students based off of survey results to help build their pantries.

WHOLE GRAINS & CEREALS



Brown Rice



Whole Wheat Pasta/Noodles



Whole Wheat Flour



Oats



Quinoa



Oats, nut butter, and coconut milk powder make a great breakfast!

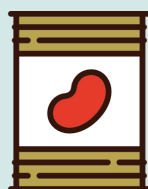
PROTEINS

Tip!

Chickpeas + coconut milk+ tumeric and your fave spices makes an awesome curry!



Canned Beans



Chickpeas and Lentils



Canned Tuna



Nut Butters



High protein meals can keep you feeling full for longer!

FRUITS AND VEGGIES

Sweet Potato



Canned Corn



Canned Tomato



Onion



Canned tomoatoes, canned corn, canned beans and onion make a great chilli that can be frozen or served!

BONUS!

Coconut Milk Powder



Spices



Soup



Oils and Vinegars



Oils, Vinegars and spices are a good non-perishable way to add great flavour to any dish!

Use olive oil to dress a tuna salad mixed with corn and your favourite canned veggies for a no fuel required meal

DESIGNED ON CANVA

SELECT ICONS (wheat, beans, oats, quinoa, sweet potato, canned tomato, spices, granola bars, oils and vinegar) MADE BY FREEPICK FROM www.Flaticon.com
SELECT ICONS (peanut butter) MADE BY WANICON FROM www.flaticon.com
SELECT ICONS (tuna) MADE BY SURANG FROM www.flaticon.com
SELECT ICONS (soup) MADE BY DINOSOFTLABS FROM www.flaticons.com
SELECT ICONS (flour) MADE BY MONKIK FROM www.flaticons.com
SELECT ICONS (spam) MADE BY SMACHICONS FROM ww.flaticons.com