

**Apples** - contain vitamin C and potassium. Fresh apples will keep for 5–7 days or will last up to six months if stored at 30–40°F.

**Oats** - are a whole grain, a source of (soluble and insoluble) fiber and contain many vitamins and minerals. This heart-healthy option will last in your pantry for up to two years.

**Jerky** - is high in protein and contains zinc, vitamin B12, phosphorus, folate. Shelf-life of 1–2 years, jerky is in it for the long haul.

**Canned fruits and vegetables** - will last 1–3 years in your pantry and contain a mix of vitamins and minerals. Be mindful of the added sugar content and opt for fruits and veggies canned in water if you're looking to lower your added sugar intake.

**Cooking oils** - almost all cooking oils will last you at least 4–6 months.

**Rice** - is another great option when it comes to shelf-stable foods. Brown rice is a whole grain and thus contains more fiber and brown rice will still last you about six months if stored in an airtight container.

**Pasta** - will last you 1–3 years. Whole wheat pasta contains more fiber. Both white and whole grain contain similar amounts of selenium, protein and iron.

**Nut butter** - Easily portable, tasty and shelf-stable, nut butter is a great option. Most nut butters last about one year and contain a mix of dietary fats.

**Dried beans** - are the hidden gem of shelf-stable foods. If beans are dried, they'll last almost indefinitely. Be careful to store them in a dry place, as moisture or condensation can lead to spoilage.

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## 12 Nutrient Dense Foods with Long Shelf Life

When it comes to foods with longer shelf lives, you won't have to worry about spoilage quite like you do with fresh foods, which can translate to less food (and money) being wasted. Read on to see our list of nutrient-dense, shelf-stable foods that will keep you stocked and ready for several weeks to months (or more!)

**Potatoes** - contain vitamin C, potassium, folate and vitamin B6. Potatoes should last 2–5 weeks if stored in a cool, dry, dark place, such as a pantry cabinet.

**Onions** - Onions will last 1–2 months if stored properly in a cool, dark, place. Don't store them with your potatoes; the gases these foods give off can cause one another to spoil more quickly.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple & Milk	2 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Orange & Milk	3 Sweet & Sour Meatballs Brown Rice Broccoli Banana & Milk	4 Chicken Cordon Bleu, Sweet Potatoes w/ Dates and nuts Peas & Carrots Orange & Milk	5 <b><u>Chefs Choice</u></b>	6 Crab Cakes Broc/Ched Rice Green Bean Almandine Orange, Roll w/ Butter & Milk
7 Pork Fritter Mac & cheese Lima beans Banana & Milk	8 Lemon Pepper Cod, Brown Rice Brussel Sprout w/ Bacon & Cheese, Orange & Milk	9 Chicken Chow Mein with Brown Rice, Oriental Blend Veg, Orange & Milk	10 Beef Tacos w/ Spiced Pinto Beans Applesauce & Milk	11 Chicken Alfredo Penne Pasta Peas Tropical Fruit & Milk	12 Beef Bourguignon Mashed Potatoes Broccoli, Orange & Milk	13 Chicken Cacciatore & Pasta, Green Beans Diced Pear & Milk
14 Pepper Steak Brown Rice Succotash Orange & Milk	15 Stuffed Bell Pepper Baby Carrots Orange & Milk	16 Baked Chicken, Rice, Broccoli, Apple, Cheese stick, Oatmeal Raisin cookie & Milk	17 BBQ Beef Sandwich Corn, Green Beans, Coleslaw, Banana & Milk	18 BLT Vegetable Pasta Salad Pear & Milk	19 Slow Roasted Beef, Mashed Potatoes Peas, Orange & Milk	20 Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple & Milk
21 Sweet & Sour Meatballs Brown Rice, Broccoli, Banana & Milk	22 Chicken Teriyaki Brown Rice Peas Orange & Milk	23 Hamburger w/ LTO, Carrots, Pear cup Coleslaw & Milk	24 Ham and beans Carrots, Collard Greens, Banana & Milk	25 Salmon Parm Sweet Potatoes Veg medley, Broccoli, Pear & Milk	26 Cheese Tortellini w/ Meat Marinara Pea and carrots Pear & Milk	27 Slow Roasted Beef, Mashed Potatoes, Peas Orange & Milk
28 Chicken Alfredo With Pasta, Peas Tropical Fruit & Milk	29 <b><u>MEMORIAL DAY</u></b> 	30 Riblets Baked Beans Potato Salad Banana & Milk	31 Lasagna Roll w/ Marinara, Broccoli, Raisins, Banana & Milk			
<p><b>Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.</b></p>						