# **K-STATE Research and Extension**

# **The Well-Stocked Kitchen: Refrigerated and Frozen Foods**

If you stock your refrigerator and freezer with a variety of foods, you'll be on your way to planning well-balanced meals.

# **Refrigerated Foods**

### Dairy

#### **Butter or margarine**

#### Cheese

- Block
- Shredded
- Sliced • String
- Milk (fat-free or low-fat)

#### Yogurt (low fat or nonfat, low sugar)

#### Eggs

#### **Meat and Fish**

#### Fish and Seafood—fillets, steaks

• Catfish

• Tilapia

- Cod
- Salmon

#### **Fresh Poultry**

- Whole • Breasts

- Thighs

#### Fresh Red Meats — Beef, Pork, Lamb

• Chops • Ground

- Steaks • Stew Meat
- Roasts

## **Fruits and Vegetables**

#### **Fruits:**

- Apples
- Berries
- Cantaloupe
- Grapes
- Nectarines

- Oranges
- Peaches
- Plums
- Watermelon
- Other

#### Fruit Juice — 100% Juice

#### Salad mixes

#### Vegetables

- Bell pepper
- Broccoli
- Cabbage
- Carrots
- Cauliflower

#### **Notes**

- Celery
- Cucumber
- Greens
- Lettuce
- Other\_\_\_\_

- Leg quarters • Wings
- Tuna

# **Frozen Foods**

#### Whole Grains

#### **Breads**

• Whole grain varieties

#### Waffles

• Whole grain varieties

#### **Fruits and Vegetables**

#### Fruit without added sugar:

- Berries
- Peaches
- Fruit medleys
- Mango

• Pineapple

100% fruit juice concentrate

#### Vegetables

• Spinach

no sauce

• Mixed vegetables —

- Broccoli • Corn
- Green beans
- Peas

#### **Meat and Seafood**

#### Chicken

- Breasts
- Leg quarters
- Nuggets
- Tenderloins

#### Beef, Pork, Poultry, and Seafood

- Fish nuggets and sticks
- Pork chops

• Strips

• Thighs

• Wings

- Ground beef/turkey
- Salmon • Shrimp

## Resources

To store refrigerated and frozen foods safely and for best quality, visit https://bookstore.ksre.ksu.edu/pubs/MF3130.pdf

If you have questions about the dates on food products, visit https://bookstore.ksre.ksu.edu/pubs/MF3204.pdf

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#### **Notes**