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
- Cod
- Salmon
- Tilapia
- Tuna

**Fresh Poultry**

- Whole
- Breasts
- Thighs
- Leg quarters
- Wings

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

- Chops
- Ground
- Roasts
- Steaks
- Stew Meat

**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
- Celery
- Cucumber
- Greens
- Lettuce
- Other

**Notes**
Frozen Foods

Whole Grains

Breads
• Whole grain varieties

Waffles
• Whole grain varieties

Fruits and Vegetables

Fruit without added sugar:
• Berries
• Fruit medleys
• Mango
• Peaches
• Pineapple

100% fruit juice concentrate

Vegetables
• Broccoli
• Corn
• Green beans
• Peas
• Spinach
• Mixed vegetables — no sauce

Meat and Seafood

Chicken
• Breasts
• Leg quarters
• Nuggets
• Tenderloins
• Strips
• Thighs
• Wings

Beef, Pork, Poultry, and Seafood
• Fish nuggets and sticks
• Ground beef/turkey
• Pork chops
• Salmon
• Shrimp

Resources
To store refrigerated and frozen foods safely and for best quality, visit
If you have questions about the dates on food products, visit https://bookstore.ksre.ksu.edu/pubs/MF3204.pdf

Notes

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