



Virginia Cooperative Extension Family Nutrition Program

Shelf-Stable Foods – Quick Tips

- Choose shelf-stable foods that are low in sodium and added sugars
- Inspect canned foods for any bulging, leaking, or dents. Check the expiration dates
- Store shelf-stable foods in cool, dry areas
- Store grains in airtight containers
- Keep a can opener on hand
- You can still follow MyPlate! Try shelf-stable foods from each of the five food groups:



Whole wheat or white flour, whole wheat pasta, oatmeal, brown rice, quinoa, and other grains like barley, bulgur, or farro.



Dried fruit, canned fruit, unsweetened apple sauce. Look for fruits canned in their own juices or water.



Diced tomatoes, green beans, corn, carrots, peas, asparagus, black beans, kidney beans, pinto beans, navy beans, chickpeas, mixed vegetables, and more. Look for no salt added varieties.



Dry (or canned) beans; canned fish such as tuna, salmon, mackerel and sardines; canned chicken and other meats; peanut butter and other nut butters, sunflower seeds, unsalted nuts.



Nonfat dried milk, canned evaporated milk (low-fat or nonfat), Ultra High Temperature pasteurized shelf-stable milks, and shelf-stable soy milks that are fortified with calcium.

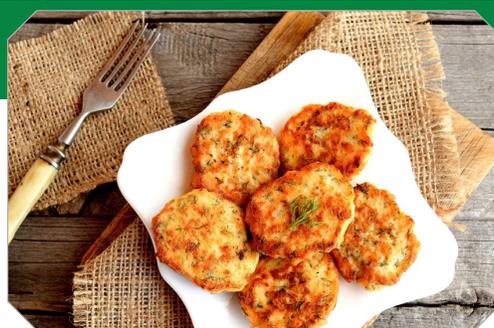
Try this yummy recipe that uses shelf-stable foods!

Eat Smart • Move More

Salmon or Tuna Patties

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- 1 tablespoon canola oil
- 15 ounces canned salmon or tuna
- 1 cup whole-wheat bread crumbs
- 1 bell pepper, diced
- 2 eggs, beaten
- 1 teaspoon onion powder
- 1/8 teaspoon ground black pepper

Nutrition Facts

8 servings per container
Serving size **1 serving**
(107.28g)

Amount per serving
Calories 210

		% Daily Value*
Total Fat	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	90mg	30%
Sodium	400mg	17%
Total Carbohydrate	19g	7%
Dietary Fiber	2g	7%
Total Sugars	1g	
Includes g of Added Sugars		
Protein	18g	
Vitamin D	8mcg	40%
Calcium	95mg	8%
Iron	2mg	10%
Potassium	246mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in a skillet to medium heat.
- While the skillet is heating, add salmon or tuna to a mixing bowl. Use a fork to crumble salmon or tuna into very small pieces.
- Add bread crumbs, bell pepper, eggs, onion powder, and ground black pepper to the mixing bowl and combine with salmon or tuna.
- Mix thoroughly and shape into patties.
- Add the patties to the skillet and cook until both sides are nicely browned, about 5 minutes on each side.

Quick Tips

- ▶ Try rolled oats or crushed whole-wheat crackers in place of whole-wheat bread crumbs.
- ▶ Bread crumbs not available? Make your own bread crumbs with stale bread!
- ▶ Seasoned bread crumbs contain more sodium.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from SNAP-Ed Connection Recipe Finder, as listed at: <https://whatscooking.fns.usda.gov/>)

www.eatsmartmovemoreva.org