

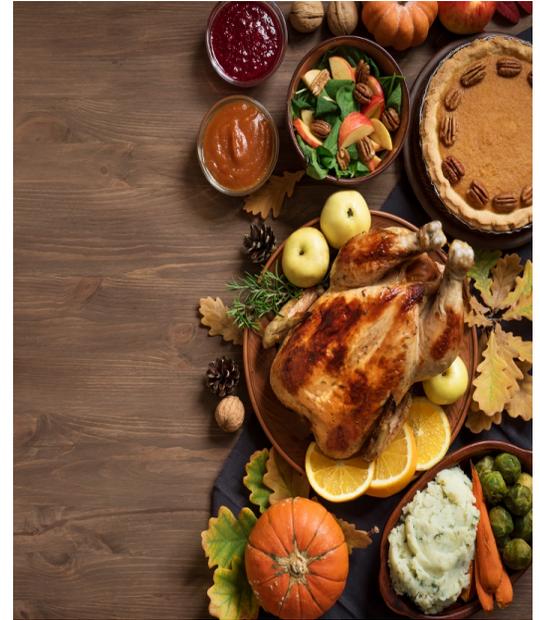


## Getting Ahead of the Holiday Meal Cost Part 2- Canned Goods

As the holiday season approaches, canned foods are likely to be found in the menu. Canned items offer convenience over fresh or frozen since they can be stored in the pantry for extended periods of time (check the label), and in some instances the canned variety of some food items can be preferred. In [Part One](#) we focused on getting the kitchen ready and having favorite recipes on hand. In this blog, we will feature canned foods with the hope of assisting you in planning to fill your shelves with tasty foods. Canned goods offer a wide variety of foods. Canned fruits, vegetables, and meats are found at most local grocery stores and typically cost between \$1 - \$3 depending on the brand.

There are plenty of canned fruit fillings/toppings which may be used for pies or other pastries. Canned fruit fillings still maintain the shape and texture of fresh fruit. Some of the most popular include:

- Apple
- Apricot
- Blueberry
- Cherry
- Lemon
- Mixed Berry
- Peach
- Pumpkin
- Raspberry



Don't forget to add vegetables to your list. Canned vegetables can be purchased individually or in a six pack at some stores. Pick up some green beans for your casserole, mushrooms for the dressing, and so much more.

- Asparagus
- Beans (Black eyed peas & baked beans)
- Beets (sliced)
- Cabbage
- Carrots (Sliced and baby)
- Corn (Sweet & Southwest)
- Cranberries
- Green beans (cut & string)
- Mixed vegetables
- Mushrooms
- Peas
- Potatoes (Including sweet)
- Sauces: gravy, tomato paste, tomato sauce
- Spinach
- String Beans
- Tomatoes (whole, petite, mixed with okra or peppers)

Don't forget the great cakes and cookies you will bake. Be sure to check the aisle for Sweetened Condensed milk and coconut milk, both popular items during the holiday season. Plan your meal, make your shopping list, and start with shelf stable canned items! All the canned items mentioned in this blog are SNAP eligible. Visit [morefood.org](http://morefood.org) for the complete Getting Ahead of the Holiday Meal Cost six-part series or to contact the *More In My Basket* staff.

The Getting Ahead of Holiday Meal Cost series is sponsored by the *More In My Basket (MIMB)* Program. Visit [morefood.org](http://morefood.org) for the complete series or to contact the *More In My Basket* staff.