

Eco-Conscious • Nutrient-Dense

HEALTHY

CRUNCH

PLANT POWERED PANTRY

**OH
SNAP!**



YOUR GO-TO GUIDE

Let's cook with purpose

**SMALL SWAPS,
BIG IMPACT!**

nourish our bodies, one meal at a time.





Whole Grains & Staples

Whole grains form the hearty foundation of a plant-powered pantry, providing essential complex carbohydrates, fiber, and a surprising amount of protein. These versatile staples serve as the canvas for countless meals, from morning porridge to evening grain bowls. Unlike their refined counterparts, whole grains retain all parts of the grain—the bran, germ, and endosperm—keeping their full nutritional profile intact.

Brown rice and wild rice offer nutty flavors and chewy textures perfect for Buddha bowls and stir-fries, while protein-rich quinoa cooks quickly for weeknight meals. Bulgur wheat brings traditional Mediterranean flair to salads and pilafs, and couscous serves as a rapid-cooking base for vegetable medleys. For breakfast enthusiasts, rolled oats provide a hearty start to the day and double as a baking ingredient for cookies and crumbles, while quick-cooking oats offer convenience without sacrificing nutrition.

Expand your pasta horizons beyond wheat by incorporating noodles made from legumes like chickpeas or lentils for protein-packed alternatives to traditional varieties. Keep your pantry stocked with diverse flours—bread flour for homemade loaves, plain flour for general baking, and chickpea flour for savory pancakes or egg-free frittatas. These staples form the backbone of a plant-based diet, providing sustaining energy and culinary versatility.



Must-Have Grains

- Brown rice & wild rice varieties
- Protein-rich quinoa
- Mediterranean bulgur wheat
- Quick-cooking couscous
- Rolled and quick-cooking oats
- Whole grain and legume-based pastas
- Specialty flours (bread, plain, chickpea)





Plant Proteins

Legume Power

Stock both dried and canned varieties of chickpeas, kidney beans, black beans, and lentils. Dried legumes are economical and reduce packaging waste, while canned options offer convenience for quick meals. These protein powerhouses contain fiber, iron, and complex carbohydrates, making them nutritional multitaskers that form the backbone of countless vegan dishes from curries to salads.

Soy Sensations

Keep tofu and tempeh as refrigerator staples for versatile, complete proteins. Firm tofu works in stir-fries and scrambles, while silken varieties blend perfectly into creamy sauces and desserts. Tempeh's fermented nature offers probiotic benefits alongside a hearty, nutty flavor that stands up to bold marinades and grilling techniques.

Nutritional Boosters

Nutritional yeast flakes provide a cheesy, savory flavor while delivering crucial vitamin B12 often lacking in vegan diets. This golden powder transforms everything from popcorn to pasta dishes with its umami qualities while supporting nervous system health and energy production.

Convenient Alternatives

Keep a selection of vegan meat alternatives and bean burgers in your freezer for busy days. These products have evolved dramatically, offering protein-rich options with improved taste and texture. Look for varieties with minimal processing and recognizable ingredients for the healthiest choices.

Plant proteins form the nutritional cornerstone of a vegan pantry, dispelling the common misconception that plant-based diets lack sufficient protein. These diverse options not only match animal proteins in amino acid profiles when eaten in variety, but they also deliver additional benefits like fiber and phytonutrients absent in animal products. By rotating through different protein sources throughout the week, you'll ensure a complete nutritional profile while discovering the culinary versatility these ingredients offer.

Beyond their nutritional merits, plant proteins often have significantly lower environmental footprints than animal proteins, requiring less water, generating fewer greenhouse gases, and using less land. This makes them a doubly powerful choice for the eco-conscious pantry, supporting both personal and planetary health with every bite.

Nuts, Seeds & Butters

Nuts and seeds pack tremendous nutritional power into small packages, serving as concentrated sources of healthy fats, protein, fiber, and micronutrients. These plant-based powerhouses elevate both the nutritional profile and sensory experience of vegan cooking, adding satisfying crunch, creamy textures, and rich flavors to countless dishes. Their versatility makes them indispensable in a well-stocked plant-powered pantry.

Raw Nuts

Store almonds, cashews, walnuts, pecans, and pine nuts in airtight containers to preserve freshness.

- Almonds offer calcium and vitamin E
- Cashews create creamy sauces and cheeses
- Walnuts provide omega-3 fatty acids
- Pecans add buttery richness to baked goods
- Pine nuts elevate pestos and Mediterranean dishes

Nutritious Seeds

Keep a variety of seeds for sprinkling on meals or incorporating into recipes.

- Chia seeds gel for egg replacements
- Flaxseed meal boosts omega-3s
- Hemp hearts provide complete protein
- Pepitas add zinc and magnesium
- Sesame and sunflower seeds enhance texture

Versatile Nut Butters

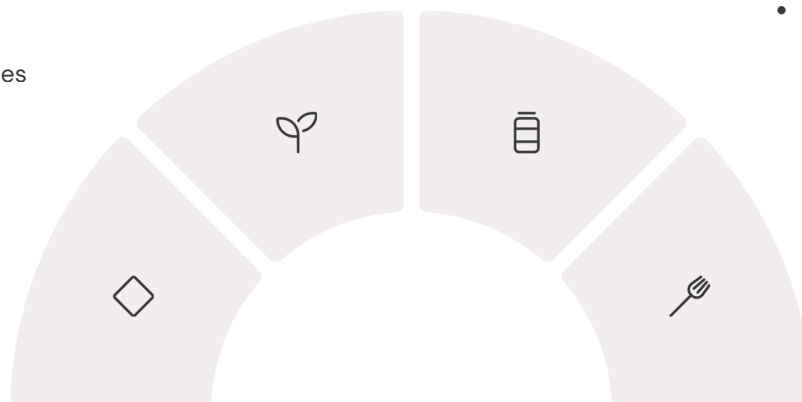
Stock peanut, almond, and cashew butters for spreading, baking, and sauces.

- Smooth or chunky peanut butter for classic flavor
- Almond butter provides richer nutrition profile
- Cashew butter creates ultimate creaminess
- Look for varieties without added oils or sugars

Culinary Applications

Beyond snacking, nuts and seeds transform vegan cooking.

- Create plant-based cheeses and creams
- Add protein to smoothies and breakfast bowls
- Use as crunchy toppings for salads and roasted vegetables
- Blend into dressings and sauces for richness



While nuts and seeds provide excellent nutrition, they're also calorie-dense, so portion awareness helps maintain balance. Store them in cool, dark places or refrigerate for longer shelf life to prevent their natural oils from oxidizing. Consider purchasing raw, unsalted varieties whenever possible, as roasting and salting often introduce unnecessary oils and sodium that can diminish their health benefits.

Fresh Vegetables: Feel free to Freeze!

Vegetables form the colorful, nutrient-dense foundation of a plant-powered pantry, bringing essential vitamins, minerals, fiber, and phytonutrients to your plate. The vibrant array of farmer's market favorites—from leafy greens to sturdy root vegetables—offers endless culinary possibilities while providing the micronutrient density that makes plant-based eating so health-promoting. These fresh and frozen treasures deserve center stage in your kitchen strategy.

Cruciferous vegetables like kale, broccoli, and cauliflower stand out as nutritional superstars, containing cancer-fighting compounds, fiber, and surprising amounts of plant protein. Their versatility in the kitchen makes them especially valuable—they can be roasted, steamed, stir-fried, or even transformed into rice-like textures. Mushrooms bring umami depth and meaty textures to plant-based cooking, while aubergine absorbs flavors beautifully in Mediterranean and Asian dishes.

Root vegetables including sweet potatoes, butternut squash, and regular potatoes provide satisfying starchy bases with long shelf lives. These underground powerhouses offer complex carbohydrates, fiber, and beta-carotene that contribute to sustained energy and immune support. Their natural sweetness develops further when roasted, creating caramelized flavors that elevate simple meals.



Your refrigerator should always house quick-cooking leafy greens like spinach, which wilt down into pasta dishes, curries, and smoothies while providing iron and folate. Keep vegan staples like plant milks, vegan cheeses, and prepared tofu products alongside for convenient meal assembly. Fresh herbs like cilantro, basil, and mint brighten dishes with minimal calories while adding significant nutritional and flavor impact.

Don't overlook your freezer as a plant-powered ally. Frozen berries, peas, spinach, and pre-cut vegetable medleys offer nutritional profiles comparable to fresh versions but with extended shelf life and ready-to-use convenience. These freezer heroes ensure you always have vegetables available, even when you haven't had time to visit the farmer's market. They're particularly valuable for green smoothies, quick stir-fries, and last-minute meal solutions that maintain nutritional integrity without requiring frequent shopping trips.



Market Fresh Must-Haves

Kale, broccoli, carrots, zucchini, mushrooms, eggplant, and cauliflower form the backbone of countless plant-based meals while providing diverse textures and nutritional profiles.



Refrigerator Essentials

Keep leafy spinach, prepared tofu products, vegan cheeses, and plant milks on hand for quick meal assembly and nutritional completeness.



Sturdy Storage Vegetables

Sweet potatoes, butternut squash, and potatoes offer longer shelf life while providing satisfying, energy-dense foundations for hearty vegan meals.



Freezer Friends

Stock frozen berries, peas, spinach, and vegetable medleys for year-round nutrient access and meal emergency backup plans.

Fruits & Herbal Freshness



Everyday Fruit Heroes

Apples, bananas, oranges, and grapes form the foundation of your fruit arsenal, providing ready-to-eat snacks and meal additions. These familiar favorites deliver natural sweetness alongside fiber that helps regulate blood sugar response. Citrus fruits like lemons and limes pull double duty as both vitamin C powerhouses and flavor enhancers, brightening everything from morning water to evening grain bowls with their acidic notes.



Leafy Green Guardians

Fresh salad greens including romaine, baby gem, arugula, and watercress create the base for nutrient-dense meals while providing folate, calcium, and iron in their vibrant leaves. These lightweight nutritional heavyweights require minimal preparation—simply wash, dry, and serve as the foundation for satisfying salads or as fresh accompaniments to heartier dishes. Their peppery, bitter, and sweet flavor profiles add complexity to meals without added calories.



Herbal Flavor Defenders

Fresh herbs like cilantro, basil, celery, and spring onions transform ordinary ingredients into extraordinary meals with minimal effort. These aromatic plant parts deliver concentrated phytonutrients and volatile oils that support both culinary excellence and health benefits. From Thai basil in stir-fries to cilantro in Mexican-inspired bowls, herbs provide distinctive cultural authenticity to global cuisines while boosting the nutritional profile of your meals.

The vibrant world of fruits and herbs represents one of the most visually appealing and nutritionally significant aspects of a plant-powered pantry. These fresh ingredients bring antioxidants, vitamins, minerals, and fiber to your diet while making plant-based meals visually stunning and palate-pleasing. The wide variety of options ensures you'll never tire of incorporating these nutritional powerhouses into your daily eating pattern.

Beyond their nutritional benefits, fruits and herbs offer exceptional flavor without relying on added fats, sugars, or salt. This makes them invaluable tools for health-conscious cooks looking to create satisfying meals without compromising dietary goals. Consider purchasing these items from local farmer's markets whenever possible to maximize freshness, flavor, and nutritional content while supporting sustainable agricultural practices in your community.

When building your fruit selection, balance everyday staples with seasonal specialties that bring peak flavor and nutrition at specific times of year. This seasonal approach not only ensures superior taste but also aligns with eco-conscious values by reducing the carbon footprint associated with out-of-season produce transported long distances. The rotation of fruits throughout the year naturally diversifies your nutrient intake while keeping your culinary inspiration fresh and exciting.

Condiments, Oils & Spices



Flavor-Building Oils

- Extravirgin olive oil for dressings and low-heat cooking
- Toasted sesame oil for Asian-inspired flavor finishing
- High-smoke point vegetable oils from sustainable sources
- Store oils away from light and heat to prevent rancidity



Transformative Vinegars

- Applecider vinegar with probiotic "mother" culture
- Balsamic vinegar for sweet-tart complexity
- Malt vinegar for traditional flavor profiles
- Use to brighten flavors, create dressings, and preserve foods



Global Spice Collection

- Warmingspices: cumin, paprika, turmeric, garam masala
- Sweet spices: cinnamon, nutmeg, cardamom, vanilla
- Heat elements: chili flakes, black pepper, cayenne
- Buy whole when possible and grind fresh for maximum potency



Essential Condiments

- Umami boosters: soy sauce, tamari, miso paste
- Sweet elements: maple syrup, agave, brown sugar
- Heat vehicles: hot sauce, chili paste, mustard
- Specialty items: tahini, vegan Worcestershire sauce

The condiment, oil, and spice collection forms the flavor arsenal of a plant-powered kitchen, transforming simple ingredients into memorable meals. These concentrated flavor agents allow plant-based cooks to create depth, complexity, and global inspiration without relying on animal products. A well-curated selection enables you to travel the world culinarily while maintaining your vegan principles.

Oils serve multiple purposes in plant-based cooking, from providing essential fatty acids to creating cooking mediums and flavor foundations. Choose cold-pressed, unrefined versions when possible for maximum nutritional benefit, and be mindful of smoke points when selecting oils for different cooking methods. Extra virgin olive oil shines in Mediterranean dishes and raw applications, while sesame oil brings instant Asian flavor profiles to stir-fries and dressings.

Vinegars bring acidic brightness that balances rich plant foods and helps ingredients shine. Beyond their culinary applications, varieties like apple cider vinegar offer potential health benefits through their probiotic properties. Experiment with different vinegar varieties to discover how they can elevate your cooking4from the sweet-tart complexity of aged balsamic to the sharp clarity of rice vinegar in Japanese-inspired dishes.

The spice collection might be the most important element of a vegan pantry, providing the soul and character of dishes across cultures. These dried plant parts deliver concentrated flavor compounds that can transform humble ingredients like beans and grains into crave-worthy meals. Beyond their taste benefits, many spices offer medicinal properties4turmeric's anti-inflammatory effects, cinnamon's blood sugar regulation, and ginger's digestive support being just a few examples.

Eco-Conscious Pantry Practices

Building a plant-powered pantry extends beyond ingredient selection to encompass the practices and principles that guide your food system. A truly eco-conscious approach considers not just what you eat, but how those foods are grown, packaged, transported, and stored. These mindful practices compound the environmental benefits already inherent in plant-based eating, creating a food system that nourishes both people and planet.

Choose Whole, Minimally-Processed Foods

Prioritize ingredients that remain close to their natural state, with minimal processing and packaging. These foods typically require less energy to produce, generate less waste, and retain more nutrients than their highly processed counterparts. Beans, grains, nuts, seeds, and fresh produce form the backbone of this approach, creating a pantry that's as kind to your body as it is to the environment.

Embrace Seasonal Shopping Patterns

Align your cooking with nature's rhythms by emphasizing seasonal produce at its peak flavor and nutritional value. This approach naturally diversifies your diet throughout the year while reducing the carbon footprint associated with out-of-season produce shipped from distant locations. Seasonal eating connects you to local agricultural cycles and often leads to more creative cooking as you adapt to what's currently abundant rather than expecting the same ingredients year-round.

"The choices we make about food are among the most important environmental decisions we face. A well-planned plant-based pantry represents one of the most effective personal actions for reducing your ecological footprint while maximizing nutritional benefit."

As you develop your eco-conscious pantry practices, consider expanding beyond food choices to examine the broader systems that bring ingredients to your kitchen. Support farmers who use regenerative agricultural methods, choose organic when possible to reduce pesticide impacts, and investigate the labor practices behind your favorite products. These deeper considerations transform your pantry from merely plant-based to truly sustainable in the fullest sense of the word.

Implement Sustainable Storage Solutions

Draw inspiration from farmer's market vendors by adopting reusable containers, cloth bags, and glass jars for food storage. These alternatives to single-use plastics not only reduce waste but often extend the life of your ingredients by providing optimal storage conditions. Label containers with purchase dates to ensure rotation and minimize food waste. Consider the aesthetic benefit as well—a pantry lined with clear jars filled with colorful beans, grains, and spices becomes a visual celebration of plant-based abundance.

Recognize the Planetary Impact of Your Plate

Understand that your plant-powered pantry represents a significant environmental choice. Plant-based diets typically require less land, water, and energy while generating fewer greenhouse gas emissions than diets centered on animal products. By focusing on nutrient-dense plant foods, you're simultaneously supporting your health and contributing to a more sustainable food system with every meal you prepare.



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