**Eating for Your Health – From Lauren Hogan, RDN**

**A person smiling for the camera

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**New Year, New Kitchen!**





The New Year is a helpful reminder to reflect on your health journey thus far and plan for new goals ahead! A great goal to kick-off the year is cleaning out your fridge and pantry to take inventory, throw out expired food, and stock up on nutritious goods.

**Step 1: Take Inventory** Start off your kitchen clean-out by taking out every can and dry good from your pantry and spreading them across your countertops. From there, throw out the food that is past its expiration date. Afterwards, begin taking note of the foods that are not expired but you recognize you will most likely not consume before their expiration and collect them in a box to donate to the local food bank or charity. This is a great opportunity to also put any processed foods or unhealthy products you would rather not have included in your pantry into the donation box, as well. After the clean out process is finished, place back all the goods. Repeat this with the refrigerator, following the same steps.

**Step 2: Grocery Planning and Stocking up with Healthy Foods** Once you have taken inventory of what you own and what was thrown out, it is time to begin building your grocery list to restock on needed foods and add healthy contributions.

A helpful resource for creating a grocery list is [this link](https://cl.kp.org/natl/home/refcontainerpage.dam.nohf.public.html?damrefpath=/content/dam/clinicallibrary/scal/mem_ed/healthed/other/rhe563_2e.pdf&accessvia=scal_chl) provided by Kaiser. It’s a healthy grocery list with nutritious food options under each category: grains, vegetables, fruits, protein, healthy fats, etc. At the same link is a PDF to print out and use as your shopping list template. This is an excellent resource that can help keep you on track with having your kitchen stocked with healthy ingredients, snacks, and meals. It is important to note that it is permissible to also keep some traditionally “unhealthy” foods in your kitchen to enjoy in moderation; however, having increased nutritious and tasty food available will grant you a greater opportunity of reaching for a more health-giving item!