

Having a well-stocked store cupboard can make all the difference when you're pulling together a meal in a hurry, or trying to keep your food costs down. It means you'll almost always be able to whip up a healthy meal quickly and economically.

Read on for more hints, tips and a list of basic ingredients to keep in stock.

With very best wishes,
Hannah and the Project Food team



PROJECT FOOD

A helping hand to healthy eating

Axminster Hospital

Chard Street

Axminster

EX13 5DU

01297 631782

info@project-food.org.uk

www.project-food.org.uk

Focus on...Store cupboard essentials

Overleaf you'll find a list of basic store cupboard ingredients that it is really useful to keep in stock. They can be used in a huge variety of recipes, helping you to prepare something without needing to go out and buy too much.

On this page are some more general handy hints for shopping as well as preparing and keeping food.

- ◆ Special offers are only good if they are for foods that will last a long time and you will actually use.
- ◆ Buy family packs of meat, split into smaller freezer bags, and freeze on the day bought. Use within 3 months.
- ◆ Turn the crusts of bread into breadcrumbs and freeze in bags. These can be used from frozen.
- ◆ Buy food clips to help keep bags of food fresh once opened, or use clothes pegs. Or transfer the food into cleaned glass jars with lids which can be sealed.
- ◆ Delay a shopping trip by looking at what's left in your cupboard. If you check the fridge, freezer and store cupboard you can be sure to have enough to throw a 'make do' meal together.
- ◆ Revitalise tired potatoes. Slice them into wedges and coat in olive oil and paprika. Bake for 35-40 minutes on gas 6, 200c. 'Open freeze' on a baking tray and then transfer into a freezer bag. Take out a handful a time as needed, and cook for 15-20 minutes until hot.
- ◆ Cook double quantities and freeze the extra portions for an instant ready meal.



What to stock up on...*

Black pepper: ground black pepper is good, but if you have a pepper mill then freshly ground pepper is tastier.

Bread (sliced): brown bread is best, and all bread can be frozen.



Butter: unsalted is probably the most useful for cooking as you can add salt separately if needed. Butter freezes well, too.

Cheddar: buy extra mature so that you can use less for the same flavour. Cheese can be frozen to reduce waste.



Crushed chillies: also known as flaked chillies or chilli flakes. They become less hot over time but do not spoil, so if yours are old just add extra.

Dried mixed herbs: again, they can lose flavour over time if bought in bulk.

Dried pasta or noodles: penne tends to be the cheapest, but any shape is fine. Wholewheat is best.

Fish (tinned): tuna, sardines, mackerel and salmon are all much cheaper in tins, and are full of healthy omega-3 fatty acids.



Garlic: whole bulbs are the cheapest, and you can peel, chop and freeze them to prevent waste.

Ground cumin: large packs in the international aisle can be cheaper than the standard pots.

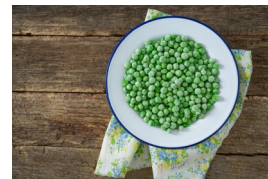
Olive oil: any olive oil is fine, though extra virgin is better if you can afford it.



Onions: red, white or brown - onions are the basis for lots of recipes

Paprika: check the international aisle as you can sometimes get large packets for less than the cost of a standard supermarket pot.

Peas (frozen): if you don't have a freezer, tinned peas will do although they do cost more.



Plain flour: any flour - white, wholemeal, gluten free etc.

Porridge oats: not just for breakfast but also to make flapjacks, crumbles and other healthier desserts.

Potatoes: they can't be frozen but they will keep for months if they are stored in cool and completely dark conditions (but not the fridge). Tinned potatoes work in recipes too.

Pulses (tinned): Kidney beans, butter beans, cannellini beans, chickpeas and lentils are great sources of fibre and protein and can be used to make delicious meals on their own or to bulk up meat dishes.

Rice: brown rice is best, but any rice will do.



Stock cubes: the price is the same for all flavours so pick your favourite. Chicken and vegetable stock cubes are the most versatile. Look for low salt too.

Sweetcorn: frozen is cheaper than tinned and you can use exactly the amount you need, **reducing** waste.

Tinned chopped tomatoes: basic chopped tomatoes tend to be the cheapest,



Vegetable oil: any variety, such as rapeseed oil or sunflower oil.

White wine vinegar: any mild vinegar will do, such as cider vinegar, but white wine vinegar tends to be the cheapest.

Whole milk: use whatever milk you have available, including dairy-free options.