

It is useful to have a store of basic food items, particularly if you cannot get to the shops as often as you may like. Below are some suggestions for healthy nutritious foods to store up your stock cupboard and some ideas on how to make most of such ingredients.



- **Fruit and Vegetables:** If it is not possible to get good quality fresh fruit or vegetables, choose tinned or frozen varieties.
- **Tinned tomatoes & tomato puree:** Can be used to make a simple tomato sauce – by adding saute onion, garlic and herbs.
- **Pasta, Rice, Noodles and Couscous:** These dry starchy foods are useful to have in every kitchen, as a variety of sauces can be added to make a range of different dinner options.



- **Porridge:** Porridge oats can be used in a variety of ways. They can be ground in a food processor to make oat flour, which in turn could be used to make pizza dough or oat cookies. Alternatively oat flakes can be used to make porridge bread or to make 'overnight oats'.
- **Lentils:** Lentils are a great source of fibre and protein and can be added to soups and casseroles to add bulk and flavour.



- **Chickpeas:** Chickpeas can be used in casseroles, salads, made into chickpea burgers.
- **Beans:** There are a wide range of dried and tinned beans available in most supermarkets. Beans are rich in protein and fibre, and can be added to various sauces, casseroles, soups etc.
- **Other items:** stock cubes, herbs, spices, peanut butter, crackers.
- **For Freezer:** chop fresh fruit and freeze accordingly to make smoothies. Batch cooking of meat can be cooked ahead of time and portioned according to specific meal, frozen and added to chosen sauce as required.
- **Before shopping,** make a list and scan cupboards to see what already is in the house.
- **Aim to double up on cooking of meals** so that a portion can be either frozen or served the next day.