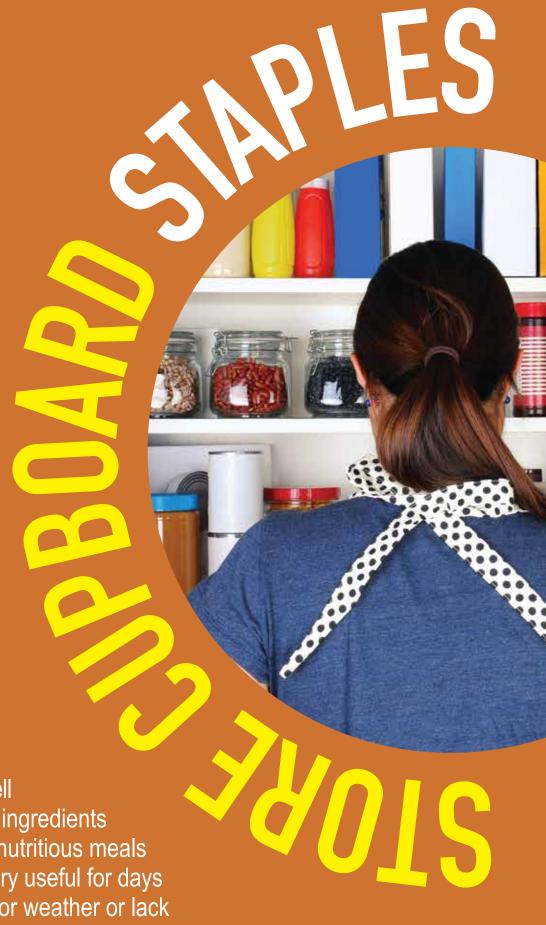






Project supported by the PHA



Having a store cupboard that's well stocked with basic ingredients can help to make nutritious meals and snacks. It's very useful for days when ill health, poor weather or lack of transport makes food shopping difficult.









Most dried and tinned foods keep well for a long time but check your store cupboard regularly and use ingredients whilst at their best.

Use the guide below for buying healthy store cupboard staples and overleaf for a store cupboard meal idea.

It's also ideal to have a good stock of freezer foods – see our 'Nutrition Factsheet on Freezing' for more information.

Fruit & Vegetables

These will help you get your recommended 5-A-Day, plus vitamins, minerals and fibre.

Tinned/jarred vegetables - Peas, carrots, sweetcorn (choose in water rather than brine/salted water), tomatoes, beetroot, pickled onions

Tinned fruit - choose in natural juice rather than syrup to reduce sugar content.

Peaches, pineapple, orange segments, pears, rhubarb, apples, mixed fruit cocktail

Dried fruit - can be added to breakfasts, desserts or eaten as a snack.

Raisins, mango, apple, cranberries, mixed fruit

Cartons of fruit juice - choose from concentrate and store in the fridge once opened

Carbohydrate Foods

These foods give you energy, fibre, B vitamins and iron.

Cereals - porridge oats, plain and high fibre breakfast cereals

Potatoes - instant mashed or canned potatoes

Starchy foods - pasta, spaghetti, rice (bags or microwave pouches), cous cous, noodles, pudding rice

Other - plain crackers, oatcakes, crispbreads, flatbreads, rice cakes, pizza bases

Meat, Fish, Beans and Pulses

These provide essential protein & iron. Oily fish is rich in Omega 3 and important for our brain and heart health.

Tinned meat - lean stewed steak, ham, corned beef

Tinned fish - tuna, oily fish like salmon, mackerel, sardines and pilchards

Tinned beans & pulses - baked beans, kidney beans, black beans, butter beans, chickpeas, lentils

Dried items - split peas, soup mix, lentils, nuts. seeds

Fresh
bread products
freeze very well.
Foods such as
pancakes, wheaten
bread, sliced
bread, baps, bagels
and scones are
great options to
keep in the
freezer.

Milk & Dairy Foods

These calcium rich foods are important for bone health.

Milk - once opened, treat like fresh milk & refrigerate.

UHT milk, oat or soy milk (ensure fortified with calcium), skimmed milk powder

Milk puddings - tins, pots or packets of rice pudding, custard and semolina

Other Useful Items

- Peanut butter
- Tinned / dried packet soups
- Sugar
- Malted milk drinks (Horlicks, Ovaltine)
- For adding flavour to meals dried herbs and spices, reduced salt stock cubes, tomato puree, garlic granules, soy sauce, Worchester sauce, mustard

Tuna & Pasta Bake Serves 4

300g pasta shapes (tubes are best)
35g low fat spread
35g plain flour
400ml semi skimmed milk
150g cheddar cheese, grated
2 x cans tuna in spring water, drained
325g can sweetcorn, drained
1 tsp dried parsley or mixed herbs
Black pepper (optional)

Method

- 1. Heat oven to 180°C / Fan 160°C / Gas Mark 4.
- 2. Bring large saucepan of water to the boil. Add pasta and cook for 2 mins less than stated on packaging.
- 3. In a smaller saucepan, melt the low fat spread and stir in the plain flour until combined.
- 4. Gradually stir in milk to make a thick white sauce.
- 5. Remove from the heat. Stir in most of cheddar cheese (leave a handful for the topping).
- 6. Drain pasta. Mix with the white sauce, drained tuna, drained sweetcorn, parsley or mixed herbs and black pepper (if using).
- 7. Transfer to an ovenproof dish. Sprinkle remaining cheddar cheese on top.
- 8. Bake in the oven for 15-20 mins until top is golden and starting to brown.

Ingredients
can be halved
to make for 2
people instead
of 4









For further information on the work of the Community Food & Nutrition Team please contact us on

© 028 7186 5127

health.improvement@westerntrust.hscni.net