

 Western Health  
and Social Care Trust

 Community Food  
& Nutrition Team

 Public Health  
Agency

Project supported by the PHA

# STAPLES

# STORRETT

# CUPBOARD

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, 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, Worcester sauce, mustard

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

## 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.



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