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by email

Healthy Food Staples

A cleverly stocked pantry allows you to make quick, nutritious and delicious meals that don't call for specialty ingredients and a last-minute run to the supermarket. Keeping a range of healthy foods in your kitchen at all times means you can always have healthy options on hand. Try stocking your home with these essential pantry, fridge and freezer items which provide the foundations for a wide variety of nutritious meals and snacks that can be adapted according to whatever fresh produce you have available.

Canned vegetables can be just as nutritious as fresh varieties and have a much longer shelf life. Bulk out stews, soups and casseroles with a can of beans, add lentils to a salad or curry, or use tinned tomato in a range of sauces and pasta dishes. Try to select no added salt varieties where available.

- Tomatoes (whole, diced or crushed)
- Chickpeas
- Lentils
- Mixed beans
- Mixed vegetables
- Corn

There are a number of Country Kitchens recipes that use canned vegetables, including corn zucchini and chickpea fritters, curried chickpea salad, lentil burgers, Mexican chicken wraps and bean brownies.

Grains are a staple to many cheap and tasty meals. Have oats for breakfast or add them to healthy baking, use rice for risottos, stir fries, paella or burritos, or use pasta in soups, salads and pasta bakes.

- Rolled oats
- Rice
- Flour
- Pasta
- Noodles
- Couscous
- Polenta

Try making Country Kitchens recipes such as pea and mint risotto, cold oat parfait, veggie rice, Moroccan couscous salad or pesto pasta salad.

Canned fruits in natural juice are convenient ready-to-eat snacks, or can be added to meals such as muesli or pancakes.

- Mixed fruit
- Pears
- Apples

Use canned fruits to make the Country Kitchens apricot chicken, winter fruit medley or sticky date and pear muffins.

Healthy Food Staples continued...

Canned fish is in an inexpensive and easy snack straight from the tin, or use it to make fish cakes, pasta dishes, slices or noodles.

- Canned tuna (in spring water)
- Canned salmon

Flavourings, sauces, oils and condiments can take any dish from good to great. Keep your pantry stocked with your favourite spreads and sauces, and use dried herbs and spices to boost the flavour of many meals without the need for added salt.

- Dried herbs and spices
- Tomato paste
- Curry paste
- Soy sauce (salt-reduced)
- Stock powder (salt-reduced)
- Coconut milk (reduced fat)
- Olive or vegetable oil
- Vinegar

Fridge and Freezer Staples

Fridge staples have a shorter shelf-life compared to pantry items, but they are incredibly versatile and can form the basis of many meals. Stock your freezer with frozen fruits and vegetables, or try freezing common perishable items such as bread or lean meat so you always have something on hand.

- Milk, yoghurt and cheese
- Eggs
- Lean meat, mince, fish and chicken
- Frozen vegetables (e.g. peas, beans, corn, spinach, stir-fry mix)
- Frozen fruits (e.g. berries)

Healthy Food Staples Handout

To help make your next trip to the grocery store easier, we have developed a handout outlining all the essential pantry, fridge and freezer staples you need to create a range of healthy dishes. A copy has been provided on the next page!

Healthy Food Staples

Pantry, fridge and freezer

A cleverly stocked pantry allows you to make quick, nutritious and delicious meals that don't call for specialty ingredients and a last-minute run to the supermarket. Keeping a range of healthy foods in your kitchen at all times means you can always have healthy options on hand. Try stocking your home with these essential pantry, fridge and freezer items which provide the foundations for a wide variety of nutritious meals and snacks that can be adapted according to whatever fresh produce you have available.

Canned goods

Vegetables (choose low/no added salt or sugar varieties)

	Tomatoes
	Chickpeas
	Lentils
	Mixed beans
	Mixed vegetables
	Corn

Fruit (choose varieties in natural juices)

	Mixed fruit
	Apples
	Pears

Fish (choose varieties in spring water)

	Tuna
	Salmon

Fridge staples

	Milk
	Yoghurt
	Cheese
	Eggs
	Lean meat and mince
	Fish
	Chicken

Grains

	Rolled oats
	Rice
	Flour
	Pasta
	Noodles
	Couscous
	Polenta

Flavourings, sauces, oils and condiments

	Dried herbs and spices
	Tomato paste
	Curry paste
	Soy sauce (salt-reduced)
	Stock powder (salt-reduced)
	Coconut milk (reduced fat)
	Olive or vegetable oil
	Vinegar

Freezer staples

	Frozen vegetables (e.g. peas, beans, corn, spinach, stir-fry mix)
	Frozen fruit (e.g. berries)
	Bread