

Pantry, fridge & freezer essentials

Use this list to help have basic ingredients on hand to make healthy meals.

Pantry essentials

Most foods from the pantry have a long shelf life if you store them properly. Canned foods and jars of curry or tomato pastes need to be refrigerated after opening. Always check the storage recommendations on the label after opening these foods.

Canned foods

Canned foods are budget friendly, long lasting items that can be used in a range of recipes. Always choose low salt varieties. Avoid canned foods that are high in fat such as coconut milk. Choose canned fruits in natural juice instead of syrup.

Vegetables	Fruit	Meat and alternatives	Dairy
☐ Tomatoes ☐ Corn ☐ Creamed corn ☐ Beetroot	☐ Peaches ☐ Apricot ☐ Apple ☐ Fruit salad ☐ Pineapple	☐ Tuna in spring water ☐ Salmon in spring water ☐ Sardines ☐ Canned bean mix ☐ Lentils	☐ Reduced fat evaporated milk



Herbs, spices, sauces and dressings

Herbs, spices, sauces and dressings are flavour essentials. Basic recipes can easily be turned into delicious dishes by adding different flavour combinations.

Sauces and flavourings	Herbs and spices	Oils and dressings
☐ Tomato paste ☐ Curry paste ☐ Soy sauce, salt reduced ☐ Oyster sauce ☐ Sweet chilli sauce ☐ Worcestershire sauce ☐ Stock, salt reduced – vegetable, chicken, beef ☐ Mustard ☐ Vanilla essence ☐ Honey	☐ Basil ☐ Mixed herbs ☐ Parsley ☐ Rosemary ☐ Coriander ☐ Ginger ☐ Cinnamon ☐ Chilli ☐ Black pepper ☐ Curry powder	☐ Olive or canola oil ☐ Spray oil ☐ Balsamic vinegar ☐ Reduced fat mayonnaise ☐ Reduced fat salad dressings

Other essential pantry items

Grains	Dried fruit/nuts	Vegetables	Dairy
☐ Flour ☐ Pasta ☐ Rolled oats ☐ Cous cous ☐ Rice	☐ Sultanas ☐ Dried apricot ☐ Dates ☐ Shredded coconut	☐ Potatoes ☐ Onions ☐ Garlic	☐ Long life (UHT) milk ☐ Skim milk powder

Potatoes – store them in baskets or hessian bags to allow good air circulation and place them in the darkest part of the pantry.

Onions and garlic – store them like you would for potatoes BUT don't put them in the same basket as the potatoes or they will spoil quicker.

Fridge and freezer essentials

A great way to keep food for longer is to keep essentials in the freezer. A well-stocked freezer will help to get a quick and effortless dinner on the table fast. Aim to have some of these at home at all times to help prepare quick and healthy dinners.

Vegetables and fruit	Dairy	Meat alternatives
☐ Carrots	☐ Reduced fat milk or soy milk	☐ Eggs
☐ Broccoli	☐ Natural yoghurt	☐ Tofu
☐ Zucchini	☐ Cheese	☐ Hommus
☐ Spinach (fresh or frozen)	☐ Canola or olive based margarine	☐ Frozen fish fillets (not crumbed)
☐ Frozen vegetables mix		☐ Lean beef, lamb, pork fillets, steaks or mince
☐ Frozen berries		☐ Chicken – breast, thigh

Tip: When buying meat, save money by buying in bulk. Split and freeze the bulk meat into portions for more dinners. Transfer the frozen meat into your fridge to defrost the night before you want to use it.

Did you know?

Because they are frozen within hours of being picked, frozen vegetables can be even more nutritious than fresh!

