

Community Food & Nutrition Team

STORE CUPBOARD

Suggestions

Having a store cupboard stocked with ingredients that can make a nutritious meal or snack is very useful for days when the weather, ill health or lack of transport makes shopping for food difficult. Healthy store cupboard foods include those mentioned below.

Most store cupboard ingredients are long

lasting but check the contents of your cupboard regularly to make sure ingredients are used while at their best.

Avoid waste by only buying foods that you will use.

Your freezer is useful for storing food too. See the **'Cook and Freeze' factsheet**.

FRUIT AND VEGETABLES

Tinned fruit and vegetables can help you get your 5 A Day!

Tinned vegetables in water such as tomatoes, peas, sweetcorn etc

Tinned fruit in natural juice such as peaches, pears, pineapple etc

Fruit juice from concentrate, store in fridge when open

MEAT, FISH, EGGS AND BEANS

Providing protein and iron. Oily fish is rich in Omega 3 fatty acids

Tinned meat such as lean stewed steak

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

Tinned beans - baked beans, kidney and butter beans

Dried lentils, split peas, nuts

MILK AND DAIRY FOODS

Calcium rich foods for good bone health

UHT milk, once opened treat as fresh milk

Tins or pots of milky puddings such as rice, custard, semolina etc

Packets of custard or blancmange

BREADS, RICE, CEREALS AND POTATOES

Eat at every meal for energy, fibre, B vitamins and iron

Porridge and plain breakfast cereals

Crackers, oatcakes, rice cakes

Pasta, rice, tinned or dried potatoes

Part baked breads

DRINKS

Make sure you get enough fluid through the day

Tea, herbal teas, coffee

Malted drinks, Hot chocolate

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Recipes



RICE PUDDING

300ml (½ pint) UHT milk

30g (1oz) pudding rice

½ dessertspoon of sugar

**1 dessertspoon of dried fruit:
raisins, sultanas**

**¼ teaspoon of cinnamon or
mixed spice**

**Tinned fruit: mandarin oranges,
peaches, pears**

Pour milk into a heat proof bowl and set over a saucepan half filled with boiling water.

Add rice, dried fruit, sugar and cinnamon or mixed spice.

Place saucepan on a high heat and stir the mixture until it starts to boil.

Reduce heat and simmer for approximately 20 mins until rice is tender. Stir frequently and add more milk if necessary.

Serve topped with tinned fruit.

Cooking over water prevents the rice mixture from burning.

FISH CAKES

170g tin of salmon or tuna, drained and flaked

200g of mashed potato (use up leftovers)

1 teaspoon of dried mixed herbs or parsley

1 egg, lightly beaten

Flour for dusting

1 dessertspoon of unsaturated oil

Place fish, potato and herbs into a bowl and mix well.

Add the beaten egg gradually until the mixture begins to bind. (You may not need to use all of the egg.)

Divide and shape the mixture into 4 cakes about 2.5cm (1inch) thick.

Take each cake and lightly dust with flour.

Place oil in a large frying pan and heat gently.

Fry the cakes over medium heat for about 5 mins on each side until, lightly golden and cooked through. Alternatively, bake in oven for 15 – 20 mins turning halfway through.

Eat 2 today and save 2 for tomorrow!