



Pantry, fridge and freezer essentials



COOK



EAT



ENJOY

Having a cleverly stocked pantry, fridge and freezer is essential for creating quick and easy meals. Use this list to ensure you have all the basic ingredients on hand to make healthy meals every night of the week. You can also use it as a starting point for a grocery shopping list.

Pantry essentials

Most foods from the pantry have a long shelf life provided you store them properly.

Certain pantry basics such as 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 great cost effective, long lasting pantry items that can be used in a range of healthy recipes. Always choose low salt varieties; avoid canned foods that are high in fat such as coconut milk and; choose canned fruits in natural juice instead of syrup.

| Vegetables | Fruit | Meat and alternatives | Dairy |
|---------------------------------------|--------------------------------------|---|--|
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Peaches | <input type="checkbox"/> Tuna in spring water | <input type="checkbox"/> Reduced fat evaporated milk |
| <input type="checkbox"/> Corn kernels | <input type="checkbox"/> Apricot | <input type="checkbox"/> Salmon in spring water | <input type="checkbox"/> Coconut flavoured evaporated milk |
| <input type="checkbox"/> Corn spears | <input type="checkbox"/> Apple | <input type="checkbox"/> Sardines | |
| <input type="checkbox"/> Creamed corn | <input type="checkbox"/> Fruit salad | <input type="checkbox"/> Chickpeas | |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Cannellini beans | |
| <input type="checkbox"/> Beetroot | | <input type="checkbox"/> Lentils | |
| | | <input type="checkbox"/> Baked beans | |



Sauces, herbs, spices and dressings

These items are our flavour essentials. Basic recipes can easily be turned into Indian curries or Asian laksas based on choosing the right flavour combinations.

| Sauces and flavourings | Herbs and spices | Oils and dressings |
|--|---------------------------------------|--|
| <input type="checkbox"/> Tomato paste | <input type="checkbox"/> Basil | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Curry paste | <input type="checkbox"/> Mixed herbs | <input type="checkbox"/> Canola oil |
| <input type="checkbox"/> Laksa paste | <input type="checkbox"/> Oregano | <input type="checkbox"/> Spray oil |
| <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Parsley | <input type="checkbox"/> Sesame oil |
| <input type="checkbox"/> Oyster sauce | <input type="checkbox"/> Chives | <input type="checkbox"/> Balsamic vinegar |
| <input type="checkbox"/> Fish sauce | <input type="checkbox"/> Rosemary | <input type="checkbox"/> White vinegar |
| <input type="checkbox"/> Sweet chilli sauce | <input type="checkbox"/> Thyme | <input type="checkbox"/> Reduced fat mayonnaise |
| <input type="checkbox"/> Plum sauce | <input type="checkbox"/> Dill | <input type="checkbox"/> Reduced fat salad dressings |
| <input type="checkbox"/> Worcestershire sauce | <input type="checkbox"/> Coriander | |
| <input type="checkbox"/> Liquid stock (reduced salt) | <input type="checkbox"/> Ginger | |
| <input type="checkbox"/> Stock powder (reduced salt) – vegetables, chicken, beef | <input type="checkbox"/> Cumin | |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Cinnamon | |
| <input type="checkbox"/> Vanilla extract | <input type="checkbox"/> Turmeric | |
| <input type="checkbox"/> Coconut essence | <input type="checkbox"/> Chilli | |
| <input type="checkbox"/> Honey | <input type="checkbox"/> Black pepper | |
| | <input type="checkbox"/> Mixed spice | |
| | <input type="checkbox"/> Curry powder | |
| | <input type="checkbox"/> Paprika | |

If fresh herbs are difficult to find or out of season then you can always rely on the dry alternative. Because dried herbs are generally more potent and concentrated than fresh herbs, you'll need less -- typically three times the amount of fresh herbs as dry.



Dried foods

It is essential that all dried foods are stored in an air tight container to help extend their shelf life and avoid pests. If you live in a humid area then many of grain foods such as flour and rolled oats may store better in the fridge or freezer to prevent mould growth.

| Fruit | Grain | Meat alternatives |
|--------------------------------------|--|---|
| <input type="checkbox"/> Sultanas | <input type="checkbox"/> Flour - plain, self-raising including wholemeal | <input type="checkbox"/> Red lentils |
| <input type="checkbox"/> Prunes | <input type="checkbox"/> Corn flour | <input type="checkbox"/> Brown lentils |
| <input type="checkbox"/> Mixed Fruit | <input type="checkbox"/> Rolled oats | <input type="checkbox"/> Yellow split peas |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Pearl barley | <input type="checkbox"/> Nuts (unsalted) – cashews, almonds, pine nuts, peanuts |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Sesame seeds |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Cous cous | <input type="checkbox"/> Tahini |
| | <input type="checkbox"/> Rice – Arborio, Basmati, brown | <input type="checkbox"/> Peanut butter |
| | <input type="checkbox"/> Pasta – spaghetti, risoni, lasagne sheets | |
| | <input type="checkbox"/> Reduced fat instant noodles | |

Other essential pantry items

Long life reduced fat milk – avoid running out of milk.

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 essentials

Products purchased for the fridge are going to have a shorter shelf life than pantry items. Always be sure that you will use them before purchasing to save having to throw food out.

Below are some of the most common fridge items that you are likely to need on a regular basis to prepare healthy dinners.

| Vegetables and fruit | Dairy | Meat alternatives |
|---|--|---------------------------------|
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Reduced fat milk or soy milk | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Lemons and limes | <input type="checkbox"/> Reduced fat natural yoghurt | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Reduced fat cheese | <input type="checkbox"/> Hommus |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Reduced fat feta cheese | |
| | <input type="checkbox"/> Cottage cheese | |
| | <input type="checkbox"/> Ricotta cheese | |
| | <input type="checkbox"/> Parmesan cheese | |
| | <input type="checkbox"/> Canola or olive based margarine | |

Tips

The above fruits and vegetables can last up to a month if you store them correctly in the fridge. Follow these tips for maximum shelf life:

- Keep vegetables in a plastic bag in the crisper. For carrots, place a paper towel in the bag to prevent moisture build up and mould.
- Keep apples, lemons and limes in separate plastic bags in the crisper.



Freezer essentials

A well-stocked freezer can contain many essential ingredients that will help to get a quick and effortless dinner on the table fast.

| Vegetables and fruit | Grains | Meat and alternatives |
|---|---|---|
| <input type="checkbox"/> Spinach <input type="checkbox"/> Peas <input type="checkbox"/> Corn <input type="checkbox"/> Mixed vegetables <input type="checkbox"/> Asparagus <input type="checkbox"/> Berries | <input type="checkbox"/> Multigrain bread and rolls <input type="checkbox"/> Pita bread <input type="checkbox"/> Pizza base | <input type="checkbox"/> Fish fillets (not crumbed) <input type="checkbox"/> Chicken – breast, thigh <input type="checkbox"/> Beef – lean mince, steak <input type="checkbox"/> Pork – lean steak <input type="checkbox"/> Lamb – lean cutlets <input type="checkbox"/> Lean short cut bacon |

Tips

- When buying meat save money by buying in bulk and repackaging the amount you would need in one meal in freezer bags or ziplock bags. Just transfer them to your fridge to defrost the night before you're ready to use them.

Did you know?

Because they are frozen within hours of being picked, frozen vegetables can be even healthier than fresh versions

