

Family Pantry Basics

Foods to have in fridge, freezer and cupboard

It is a good to have basic food items in the cupboard, fridge and freezer to use. You can make a simple meal or snack for you and your children with any fresh ingredients you have.

Foods to have

Grain (cereal) foods

- pasta, rice and noodles
- bread (choose wholegrain)
- flour to make foods like pikelets or scones
- dry biscuits and crackers (choose wholegrain)
- soft wraps
- rolled oats and breakfast cereal.

Meat and alternatives

- canned fish (tuna and salmon)
- canned or dried beans and legumes for example chickpeas, baked beans and kidney beans
- nuts pastes (if sending nut containing food to school or care check your services allergy aware policy)
- eggs
- frozen fish.

Fruit

- canned fruit in natural juice
- dried fruit and frozen fruit.

Vegetables

- canned peas, corn, tomatoes
- frozen peas, corn and mixed vegetables
- baked beans
- potatoes, carrots, onions.

Dairy foods

- long life UHT milk
- milk powder
- yoghurt
- cheese.

Simple food ideas

- tuna and pasta in a white sauce with peas and corn
- tomato pasta sauce on pasta
- microwaved jacket potato with baked beans and cheese
- noodles with eggs and mixed vegetables
- toasted sandwich
- scrambled eggs, omelette or frittata
- potato and tuna fritters
- vegetable soup
- canned fruit and yoghurt
- bowl of cereal and milk
- pikelets and fruit
- soft taco bean and salad wraps.