

## **Useful store cupboard essentials**

**Eggs** - they have a fairly good shelf life and can be a source of protein and many uses e.g. omelette, scrambled egg, boiled egg

**Milk** – you could also buy long life milk or powdered milk. Good for making sauces such as cheese sauce

**Butter/margarine** – always useful to have.

**Bread (wholemeal)** – can be used for toast, things on toast, savoury bread and butter pudding, homemade quiche, sandwiches

**Tinned tomatoes/pasta or even tomato juice** – they are versatile and can be used as a pizza topping, base for pasta sauces, base for meat dishes- shepherds pie, casserole, bolognese, soups

**Tinned tomatoes with added herbs** e.g. basil- can be an easy pasta sauce

**Tomato puree** – it adds flavour to dishes e.g. cottage pie and can be used as a pizza topping

**Pasta** (cheap and filling especially wholemeal) – if you cannot get this, look for alternatives such as **couscous, bulgur wheat or quinoa**

**Rice**- use as accompaniment to lots of dishes

**Mixed dried herbs** – you can add lots of flavour to a dish with these.

**Curry powder** – now your favourite restaurant or take away has closed, have a go at making your own curry.

**Black pepper** – adds flavour to dishes

**Potatoes** (cheap and versatile) – buy a large bag if you can get one, as they can be used for a variety of meals e.g. baked potatoes, mash, wedges, soups

**Garlic** – it adds flavour to dishes and it keeps well

**Onions** – a good staple to keep in as it adds flavour to dishes

**Freezer foods - frozen berries/vegetables/fish portions**- these are cheap and handy items to have in the cupboard.

**Bread** – if you are finding bread hard to get hold of, then try alternatives such as English muffins, wraps, crisp bread, crackers or even have a go at baking your own