



Pantry essentials

shopping list

Grains and carbohydrates

- Brown rice
- Rolled oats
- Quinoa, barley or couscous
- Wholemeal pasta or noodles
- Flour

Canned and jarred goods

- Canned lentils, chickpeas, kidney beans
- Canned tomatoes
- Canned corn, beetroot, mixed vegetables
- Canned tuna or salmon
- Curry pastes or sauces

Frozen foods

- Frozen mixed vegetables
- Frozen spinach or broccoli
- Frozen fruit

Dairy and alternatives

- Long-life (UHT) milk
- Milk powder
- Custard powder

Protein sources

- Eggs
- Shelf-stable tofu
- Nut butters (peanut, almond)
- Nuts and seeds

Bread alternatives

- Wholegrain wraps or tortillas
- Crispbreads or crackers
- Pita bread
- Rice cakes or corn thins

Pantry flavour boosters

- Olive oil
- Vinegar (white, apple cider, or balsamic)
- Soy sauce
- Dried herbs and spices
(e.g. cumin, paprika, curry powder)
- Dried garlic and onion

Fresh vegetables that last longer

- Potatoes and sweet potatoes
- Onions and garlic
- Carrots
- Parsnips
- Beets
- Pumpkin

