

Store cupboard ideas

It is useful to have a store of basic foods. The lists below provides some simple cupboard suggestions:

Meat, fish and alternatives

- Canned meat or fish e.g. corned beef, sardines, salmon, tuna
- Ready meals
- Chickpeas, lentils, beans/baked beans, packets of tofu

Fruit and vegetables

- Tinned fruit and vegetables
- Packets and pots of fruit including dried
- Canned soups

Milk, dairy and alternatives

- Long-life, dried, evaporated or condensed milk
- Cans, packets or pots of milk puddings
- Cheese in squeezable tubes

Drinks

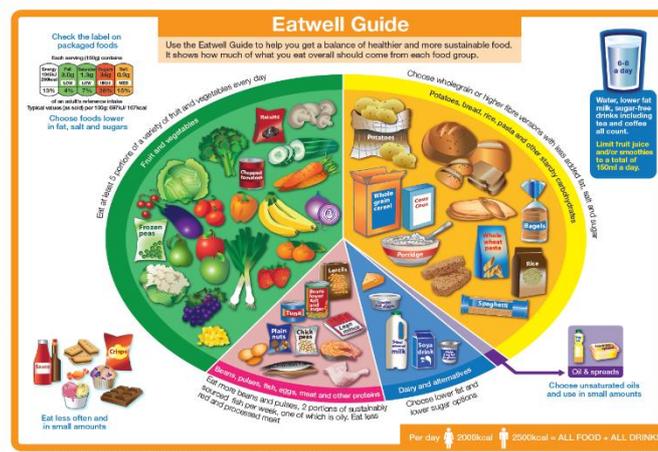
- Drinking chocolate and malted drinks such as Horlicks or Ovaltine
- Long life fruit juice, fruit squash enriched with vitamin C

Cereals and starchy food

- Breakfast cereals, porridge, breakfast drinks
- Crisp bread, flatbreads, crackers, oatcakes and biscuits
- Pasta, rice, spaghetti

Other items

- Rich fruit loaf, tinned sponge puddings
- Peanut butter
- Dried soups and sauces
- Stock cubes, meat and yeast extracts
- Herbs and spices
- Sugar and flour



Freezer ideas

- Freeze extra portions of homemade meals
- Frozen meat, Quorn or fish
- Ready meals such as stews, lasagne, chilli, pizza and curries
- Breaded fish/chicken
- Bhajis, samosas, pakoras, falafel
- Liquid stock such as vegetable, meat or fish
- Frozen chips, potato waffles, mashed and baked potatoes
- Bread, rolls, bagels, tortilla wraps, chapattis, naan bread
- Frozen fruit and vegetables
- Ice cream, frozen yoghurt and frozen desserts

Remember!!!

- Only buy foods that you like and will use
- Always store and cook food according to manufacturer's instructions
- Always check 'use by' and 'best before' dates on foods in your cupboards and fridge
- Use food that goes out of date first to avoid wastage

Special dietary considerations

Special dietary consideration must be considered. Please seek further guidance on how to adapt suggestions to meet your dietary needs:

- Exclusion diets such as nut-free, gluten-free or lactose-free diets
- Vegetarian or vegan diets
- Textured modified diets to manage dysphagia or manage swallowing difficulties
- Religious or cultural restrictions
- Fortified foods to meet nutritional needs for people with a poor appetite or unintentional weight loss

Staying hydrated

- Aim to have 6-8 cups/glasses of fluid a day or 1,600-2,000ml a day to keep well hydrated
- Water, squash, juice, milky drinks, tea, coffee
- Fluid-rich foods such as soup, soft fruit, jelly, ice lollies, milkshakes
- Be caffeine free after 3pm to help aid sleep
- Limit your alcohol consumption