

# Handy Foods



It is a good idea to have a store of healthy foods for times when you cannot shop. That way you will always have the makings of a good meal or snack on hand.

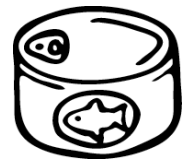
Here are some ideas...

## 1. Breads and cereals such as...

- Rice, pasta and minute noodles.
- Flour (to bake home-made products).
- Dry biscuits, crispbreads, rice cakes and rice crackers.
- Rolled oats, breakfast cereals, muesli bars and breakfast bars.

## 2. Meat and meat alternatives such as...

- Tinned fish (tuna, salmon or sardines).
- Canned meat.
- Canned or dried legumes (e.g. kidney beans, baked beans, lentils or chickpeas).
- Peanut butter & nuts.
- Eggs (in the fridge).



## 3. Fruits such as...



- Tinned fruit (e.g. peaches, pears, fruit salad) and canned fruit juice.
- Dried fruit (e.g. apricots, sultanas, prunes, dates).

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#### 4. **Vegetables such as...**

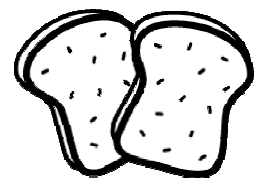
- Tinned vegetables (e.g. corn, tomato, mushrooms, carrots and peas).
- Dried vegetables such as dehydrated mashed potato and dried peas and beans.
- Canned soup and soup mixes.

#### 5. **Dairy products such as...**

- Milk powder, evaporated skim milk, long life (UHT) milk.
- Custard powder.
- Tinned rice pudding.
- Cheese (in the fridge).

#### 6. **In the freezer...**

- Frozen vegetables and oven bake chips.
- Chicken breasts, fish fillets, left-over meals and small serves of mince.
- Ice cream and frozen yoghurt.
- Grated cheese.
- Bread, bread rolls, crumpets and muffins.



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## 7. **And for flavour...**

- Dried herbs and spices (e.g. garlic flakes, mixed herbs, curry powder, cinnamon, ginger).
- Sauces (e.g. mustard, mint sauce, mayonnaise, tomato sauce, chilli sauce).