













PANTRY CHECKLIST

BASICS	WHY THEY'RE USEFUL	EXTRAS
CARBOHYDRATE STAPLES: Brown rice; long-grain white rice like Jasmine or Basmati; couscous; your favourite pastas (e.g. spaghetti and penne) 	Along with potatoes and other starchy veges, breads and breakfast cereals, these carbohydrates are our basic energy source, and they're used at every meal, so it's nice to have a variety on hand. These basics can be presented separately on the plate - maybe jazzed up with some flavourings - used as the basis for salads, or tossed into soups and casseroles. Some of our extras are also 'go-anywhere-do-anything' carbs - like barley or quinoa - then there's Arborio rice, essential for making risotto, and tortillas and rice paper which are useful for 'build your own' meals.	Barley; quinoa; Arborio rice; quick-cook rice pouches; other dried pasta (e.g. rissoni or orzo, macaroni); polenta; bulgur; rice paper; tortillas; taco shells; pouches of quick-cook noodles e.g. Udon noodles
PULSES: Dried red lentils; dried or canned red kidney beans; one white bean e.g. cannellini beans or chickpeas 	Pulses can be used as the basis for salads, casseroles and soups, or to extend meat dishes. They're high in fibre and most are also good sources of iron and calcium as well as a range of other vitamins and minerals. When you have unexpected guests grab a can of white beans and blend with a little olive oil and seasoning for a quick, healthy dip.	Puy lentils; additional varieties of canned beans e.g. 5 bean mix, borlotti beans
HERBS AND SPICES: iodised salt; black pepper; mixed herbs; curry powder; cumin; chilli flakes 	Even though we're encouraged to limit our sodium intake, a basic granulated iodised salt (sodium chloride) is essential. Dried pasta must be boiled in generously salted water, but for many recipes you can get away with less than suggested. Always buy iodised: we don't have enough iodine in our soils and deficiency is making a come-back. The basics of your herbs and spices may be different to mine (who could really survive with just five?), but try to buy only what you know you will use.	Cinnamon; ginger; paprika; turmeric; white pepper; oregano; rosemary; thyme; your favourite spice mix and anything else you are likely to use often
OILS: Canola (or rice bran); spray or pump; extra virgin olive oil 	Canola and rice bran oils are incredibly versatile: their high smoke point means they can be used in cooking; they're cheap; they're healthy (both high in monounsaturated fats) and both have a subtle flavour for use in salads. An oil spray or pump is essential to limit how much is used for roasting veges etc. Extra virgin olive oil is not only healthy but tastes great in salads. It's more expensive, so use sparingly to add flavour. Sesame and peanut oils are often used in Asian cooking and the other oils have distinctive flavours for summer salads. Don't keep too many oils in stock or they'll go off before you can use them up.	Sesame, peanut, flaxseed, avocado, walnut, macadamia
SAUCES AND VINEGARS: Tomato sauce; sweet chilli sauce; Worcestershire sauce; low salt soy sauce; malt vinegar; balsamic vinegar 	Along with our herbs and spices we rely on these to add a bit of 'zing' to our meals. With these basics you can whip up a stirfry (soy + chilli sauces); flavour your tacos (chilli sauce) or home-made burgers (tomato sauce); add flavour to a casserole or soup (Worcestershire; tomato); dress a salad (with malt or balsamic vinegar, mixed with a little oil). The extras will give real Asian flavour combinations as well as alternatives for your salads.	Fish sauce; hoisin sauce, oyster sauce; Cider vinegar; white wine vinegar; red wine vinegar
DRIED FRUITS, NUTS AND SEEDS: Raisins or sultanas; raw almonds; raw brazil nuts; sunflower seeds 	A half handful of dried fruit can count as one serve in your two or more fruit serves a day, providing essential fibre, vitamins and minerals. Dried papaya or mango can be a nice change for dessert, and a small packet of raisins is convenient to take to school or work. (Remember, as the water has been removed dried fruit are not as filling as whole fruit). Nuts and seeds provide fibre, healthy unsaturated fats and a range of other nutrients; almonds, walnuts and sunflower seeds are high in vitamin E; Brazil nuts are a rich source of selenium and pumpkin seeds are high in iron.	Sesame seeds; pumpkin seeds; dried apricots; dried figs; raw walnuts; raw mixed nuts; raw hazelnuts, raw cashews, raw peanuts
FRESH FOOD: Potatoes, onions (red and brown), garlic 	Potatoes are our most loved vege and a must in any kiwi pantry. Used boiled, baked, roasted, mashed, in salads and casseroles, this carbohydrate adds fibre and loads of nutrients to our diet. Onions and garlic are used in so many dishes and cuisines around the world to add flavour; packed with antioxidants and phytonutrients they are a 'must have in stock at all times'. Root ginger enhances your Asian-flavour dishes in a way dried ginger cannot, and shallots provide a more gentle onion flavour to sauces, stir fries and stews.	Root ginger; shallots, kumara
BAKING NEEDS: White flour; wholemeal flour; cornflour; white sugar; brown sugar; baking powder; baking soda; apple purée (to replace some fat); vanilla essence 	If you're an irregular baker you only need a small range of baking products, the rest you can buy as you need. If you don't bake at all consider giving the flour a miss and just using cornflour as your thickening agent for casseroles etc as you can buy it in smaller quantities. Regular bakers will need a wider range of ingredients to help express their creative urges.	Wheat bran; wheat germ; caster sugar; icing sugar; cooking chocolate; yeast; rolled oats
MISCELLANEOUS ESSENTIALS: canned tomatoes; tomato paste; stock (liquid or other); light evaporated milk; canned fruit 	Canned tomatoes are probably the most versatile and essential of all pantry items and thankfully they're healthy too! Use to make pasta sauces, soups and casseroles. Flavouring varieties are quick and easy, but you'll need more space for those extra cans than for a few spices. Add flavour to casseroles with tomato paste or spread on a pizza base. Never feel guilty about creamy dishes again by using light evaporated milk (coconut flavoured for curries) instead of saturated fat-laden cream or coconut cream. Stocks are essential for making risotto and flavouring casseroles (liquid stock is now available in a reduced-salt version); canned fruit is a great standby for a breakfast toping or quick dessert. Of course you can make breadcrumbs when you need them, but some of us find the bought ones more convenient.	Flavoured canned tomatoes; coconut-flavoured light evaporated milk; skim milk powder; breadcrumbs
SPREADS: Yeast spread; honey; peanut butter 	Not just for spreading on toast or crackers, a yeast spread (like Marmite or Vegemite) adds flavour to casseroles and soups; honey can be used in baking and other cooking and peanut butter is useful for Asian flavours.	Add your favourites from jams and marmalades and other nut butters; (but don't have too many cluttering the shelves)
'INSTANT' MEALS AND SNACKS: Baked beans; canned tuna or salmon 	These three basics can be matched with toast, leftover pasta or rice; zap some frozen veges and put on the side or mix in; call it a meal. Creamed sweetcorn and canned spaghetti can be used in the same way. A good quality canned soup with a bread roll to the side can also be called a meal when you don't have the time or inclination for anything fancier. Creamed rice is a high-energy snack for hungry teens or after your gym workout; it can also be used as a quick dessert with your canned fruit and a few nuts or seeds sprinkled on top	Creamed sweetcorn; canned spaghetti; canned soup; creamed rice; chilli beans
DRINKS: One each of your favourites: black teabags; coffee; chocolate drink and herbal or green tea 	It's important to get plenty of fluid each day and one way to help do that is by having a variety of drinks available. For healthy drinks loaded with phytonutrients try drinking black teas without milk occasionally, or green tea. Coffee can be a useful stimulant at breakfast time and herbal teas give a flavoursome change. Have a basic range available to suit everyone's tastes, including any guests, and extend it by experimenting with new flavours.	More of your favourite teas and maybe different coffee, but don't go overboard on the selection, they will deteriorate over time once opened
BREAKFAST CEREALS: When choosing breakfast cereals look for high fibre, low sugar and low sodium: <ul style="list-style-type: none"> • a minimum of 6g fibre per 100g of cereal; preferably 10g/100g or more • 15g per 100g or less; if a lot of the sugar is from dried fruit in the cereal look for 25g per 100g or less • look for less than 600mg per 100g sodium Try to keep the selection in your pantry down to 2 or 3. If you like variety, buy different products when the others run out, otherwise you'll never find anything in the pantry		
CRACKERS: When choosing crackers think about whether they're something that's being eaten regularly or just occasionally. For regular consumption the most important criteria will be: <ul style="list-style-type: none"> • Low saturated fat: preferably less than 1g per 100g (i.e. less than 1%). • Low total fat: for everyday use aim for less than 5% fat. If you aim for less than 10% fat you should still be able to choose from a wide range of crackers for other occasions. • Low sodium: to reduce your sodium intake look for a realistic serving size that provides less than 160mg - that's 10% of the recommended upper daily intake - and make sure you don't have more than that serve! • It would also be ideal to include whole grains and get 1.5-3g fibre in a small serve, but your choices will be limited. • Limit your pantry to two types of crackers: one for regular consumption and one for other occasions. 		