

Ready, Set, Stock! Smart Choices for Your Pantry

Moving out or keen to cook more at home? These budget-friendly pantry staples make meal prep easier and can be used in a variety of recipes.



Grains

- Rice (white, brown, jasmine)
- Instant rice cups (single serve)
- Pasta
- All-purpose flour
- Oats
- Breadcrumbs or panko



Canned & preserved goods

- Tomato paste
- Pasta sauce
- Canned tuna
- Canned beans (chickpeas, black beans, kidney beans)
- Canned tomatoes (diced, whole)



Oils, vinegars & sauces

- Olive oil
- Soy sauce
- Vinegar (white or apple cider)
- Honey or maple syrup
- Other favourite condiments



Herbs & Spices

- Salt
- Pepper
- Garlic powder
- Onion powder
- Paprika
- Italian seasoning
- Cumin
- Stock cubes



Baking basics

- Sugar (white or brown)
- Baking soda
- Baking powder
- Vanilla extract (optional)



Freezer friendly

- Frozen vegetables
- Frozen fruit
- Bread (to reduce food waste)
- Proteins (chicken breast/ thigh, mince, tofu)

Smart Choices for Your Pantry



Preparation tools

- Chef's knife
- Chopping board
- Peeler
- Grater
- Scissors
- Colander/strainer



Cooking tools

- Wooden spoon
- Spatula
- Tongs
- Whisk
- Ladle



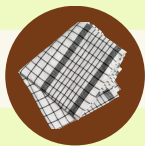
Measuring

- Measuring cup set
- Measuring spoon set
- Measuring jug



Eating

- Cutlery set (forks, knives, spoons)
- Bowls
- Plates



Cleaning

- Dish cloths
- Tea towels
- Paper towel
- Dishwashing liquid
- Cleaning spray

Food Safety Tips!

- Use clean cloths daily to avoid bacteria
- Don't reuse dirty tea towels
- Clean benches before & after cooking