



## Kitchen Standbys

When you have low energy levels or you don't feel like eating, cooking can be a real chore. Have some standbys in the kitchen stores to give you a headstart on nutritious meals and snacks

### In the fridge

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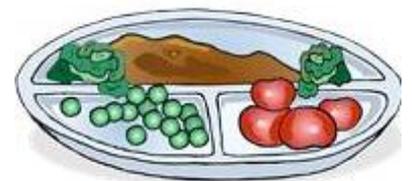
- 🕒 Cheese, bacon and eggs
  - scrambled, poached or boiled
  - a quick omelette with cheese or ham
  - bacon and eggs for a quick tea
- 🕒 Mayonaise, sour cream and cream cheese – for calorie boosters
- 🕒 Readymade custards, yoghurt, mousses and jelly
  - add some canned fruit - great for snacks and a quick pudding



### In the freezer

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- 🕒 Frozen veges, hash browns and oven fries
- 🕒 Crumbed fish and/or chicken
  - pop in the oven with oven chips or hash browns, add some frozen veges on the side, an instant meal
- 🕒 Frozen ready meals – a wide variety available
- 🕒 Ice cream – add to milkshakes, have as a snack with fruit
- 🕒 Look after the cook
  - Freeze leftovers in single portions
    - Muffin tins, empty yoghurt pottles ...
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*Frozen foods are processed very quickly and so keep much of their nutrients –not only are they quick to use but can also have good amounts of vitamins and minerals.*



## In the cupboard or pantry

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- 🕒 Canned goods
  - canned fish
    - mix with cooked pasta, rice or noodles and frozen veges for a quick meal
    - microwave a potato and top with tuna, spring onion and some sour cream
  - baked beans, creamed corn or spaghetti
    - grate some cheese over and have with toast
  - soups (cans and packets)
  - canned fruit
  - creamy rice – a great snack or pudding
- 🕒 Packet rices or instant noodles – a good base for a meal
- 🕒 Breakfast cereals, instant oats – not just for breakfast!
- 🕒 Milks and flavoured drinks – e.g. Up and Go or flavoured milks to use as the base of a smoothie
- 🕒 Muffin and cake mixes – add eggs and oil and they are good to go
- 🕒 Bread bases
  - crumpets, fruit bread, pikelets and English muffins
    - spread liberally with butter or margarine and top with jam, chocolate spread or peanut butter
- 🕒 Nibbles
  - chips, pretzels, nuts
  - crackers
  - plain and sweet biscuits, cakes and muffins
  - chocolate and sweets for a calorie boost.