

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

Store Cupboard Ideas

If you sometimes struggle to get to the shops due to illness, lack of transport or bad weather, it is a good idea to have a stock of long-life food.

This leaflet will give you some ideas of foods to keep in your cupboards and freezer so that you always have access to nutritious food.

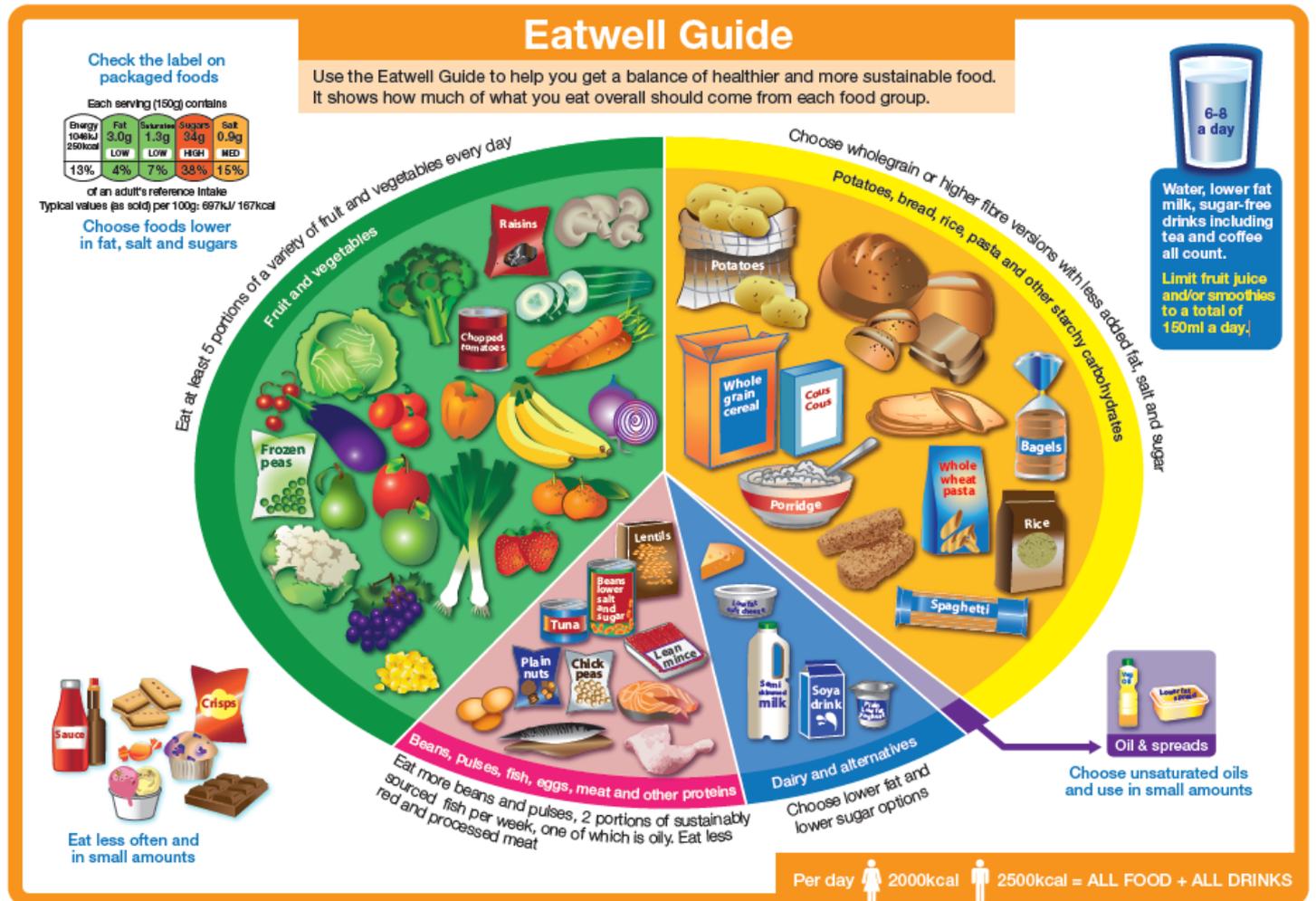
When you buy long-life foods, check the best before and use by dates carefully and try to use the food before it goes out of date.

Cook food, particularly meat and frozen food, thoroughly until it is piping hot in the middle.

Store cupboard ideas

Healthy Eating

The Eatwell Guide shows the proportion of the different food groups that should be included in your diet. If you eat ready meals, check that you still eat foods from all these groups. For example, if you choose a meat stew with vegetables and mashed potato, have a pudding such as yogurt or rice pudding.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Keep a supply of food from each of these five food groups. This will ensure that you get all the nourishment that you need. The lists below and overleaf should give you some ideas of food and drinks to store in your cupboards and freezer.

Fruits and Vegetables

- Frozen fruit (you could freeze your own homemade stewed fruits)
- Frozen vegetables
- Tinned fruit
- Tinned vegetables, preferably with reduced or no added salt
- Dried fruit
- Cartons of long life fruit juice.

Store cupboard Ideas

Potatoes, bread, rice, pasta and other starchy carbohydrates

- Breakfast cereals and porridge
- Bread, rolls and pitta bread can be stored in the freezer and taken out as needed
- Scones, crumpets, English muffins and teacakes can also be frozen
- Tinned potatoes
- Frozen roast potatoes, potato wedges or oven chips
- Instant or frozen mashed potato
- Packets of dried pasta, spaghetti and macaroni
- Packets or tins of pasta in sauce
- Packets of rice, noodles, cous cous or quinoa
- Crackers, oatcakes, breadsticks and plain biscuits.

Beans, pulses, fish, eggs, meat and other proteins

- Frozen meat and fish: plain, with a sauce or in a meal such as a stew or curry
- Frozen meat and fish products, such as burgers, fish fingers or fish in a sauce
- Tins of corned beef, stew, curry and ham
- Tinned tuna, salmon, sardines, mackerel and pilchards
- Tinned beans
- Tinned or dried lentils and other pulses
- Tins of soup containing meat, fish or beans
- Nuts or peanut butter.

Dairy and alternatives

- Cartons of UHT (long life) milk
- Dried milk powder
- Tins or cartons of custard or rice pudding
- Packets of instant custard or instant whip
- Long life yoghurts (make sure these have a long date left on them when you buy them)
- Some blocks of hard cheese can be frozen (check the label).

Oil and spreads

- Check that margarine and butter has a long shelf life before you buy it.

Foods Containing Fat and Sugar

- Jam, marmalade, honey and chocolate spread
- Packets or pots of jelly
- Ice cream
- Sponge puddings or crumbles (microwaveable or to boil)
- Ready to mix desserts or biscuits.

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email:

Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance to the hospital.

If you have any queries about your diet, please contact us:

Dietetic Department
George Eliot Hospital
Nuneaton
Tel 024 7686 5098

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