

There are certain essential nonperishable ingredients you should always have in your cupboard. They can be used as the basis for a meal or as snacks.

- ☑ **Spices and herbs.** Basil, oregano, bay leaves, cinnamon, thyme, garlic powder and onion powder are just a few. They add wonderful flavour to soups, stews, casseroles, sauces and just about anything.
- ☑ **Baking staples.** Flour (white and whole wheat), sugar, salt, pepper, yeast, baking powder and baking soda are basics you will need for baking bread and other treats.
- ☑ **Oil and cooking spray.** You will often have to use oil or cooking spray in your frying pan when you are cooking. Cooking spray is useful for when you bake so batter or dough doesn't stick to the pan.
- ☑ **Canned and frozen vegetables and fruits.** Tomatoes, green beans, corn, peaches, peas, pears. These can be used as either side dishes or as an ingredient in other dishes.
- ☑ **Stocks and soups,** particularly low-sodium. Stock - whether vegetable, chicken - can be used as a basis for soups, in stir-frys and casseroles as well as other dishes.
- ☑ Other commonly used ingredients include: canned beans, bread crumbs, cereal, coffee, crackers, dried fruits, extracts, gelatin, nuts, pasta, tuna and peanut butter.