

Your Lifestyle

Stocking A Pantry

There has been a lot of talk in the media lately warning Australians to prepare for an emergency & ensure they have a well stocked pantry to keep them going for between 2 & 12 weeks. Not only is it a good idea to be prepared for a possible emergency, but having begun to stock my own pantry, I am finding that I save money & it is much more convenient having plenty of staples on hand. If we are having a lazy day, we can usually throw together a nutritious meal from what we have in the pantry. We have also found having a good supply of goods means that you can take advantage of specials. Buying products when they are on sale, instead of when you run out.

A well stocked pantry also helps avoid unnecessary trips to the supermarket, where you often end up buying more than you came to buy. The key to unnecessary spending is to avoid multiple trips to the shops mid week.

It is important to remember to rotate your perishables regularly to ensure they are used up before their use by date.

Food:

- Baked beans
- Breadcrumbs
- Breakfast cereals
- Chickpeas (dried or tinned)
- Dried fruit
- Dried noodles
- Flour (plain & self raising)
- Gnocchi
- Honey
- Lentils (dried or tinned)
- Noodles
- Nuts
- Pasta
- Rice
- Stock (chicken, beef & vegetable). I have both the broth type & dried, for emergencies.
- Sugar (white & brown)
- Tinned crab
- Tinned fruit
- Tinned mushrooms
- Tomato paste
- Tinned tuna
- Tinned salmon
- Tinned soup
- Tinned tomatoes
- Tinned vegetables (corn, peas, carrots)

Condiments, sauces, oils, vinegar:

- BBQ sauce
- Capers
- Chutneys
- Fish sauce
- Golden syrup
- Gravy
- Jam
- Maple syrup
- Mayonnaise
- Mustard (English, French, wholegrain)
- Oils (olive, canola, peanut, sesame)
- Oyster sauce
- Peanut butter
- Tomato paste
- Tomato sauce
- Soy sauce
- Vegemite
- Vinegar (white, red, cider)
- Worcestershire sauce

Drinks:

- Bottled water
- Coffee
- Drinking chocolate
- Powdered or UHT milk
- Juice
- Tea

Entertaining:

- Cheese biscuits
- Olives
- Pickles

Miscellaneous:

- Baking powder
- Food colourings
- Food flavourings (vanilla, peppermint etc)
- Herbs & spices
- Pepper
- Pet food (dry & canned)
- Salt
- Dry yeast

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