

## KITCHEN ESSENTIALS

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#### Help!! How do I set up my kitchen?

Here are ideas for basic kitchen items. Check out the simple menu ideas and recipes on the back. There's not much clean up with these recipes!

#### BASIC EQUIPMENT

- major appliances in good working order
  - stove, fridge with freezer
- other useful appliances
  - hand blender
  - microwave oven
  - toaster oven
- set of cutlery and dishes
- utensils
  - wooden or plastic mixing spoon
  - set of measuring cups and spoons
  - spatula, strainer, grater
  - vegetable peeler
  - paring knife
  - large cutting knife
  - cutting board
  - can opener
  - egg beater or whisk
- pots with lids (small, large), frying pan, casserole dish, muffin tin, baking pan, 2 mixing bowls (small, large)
- tea towels, dish cloths, dish soap, scouring pads, potholders
- recycled plastic containers for food storage

#### STAPLES

##### In the cupboard

- flour, sugar, vegetable oil, vinegar, cereal, crackers
- canned & packaged goods (tuna, salmon, tomato sauce, canned tomatoes, spaghetti sauce, baked beans, kidney beans, soups, skim milk powder, falafel mix)

- pasta and quick-cook grains (macaroni, spaghetti, noodles, rice, couscous, bulgur)
- sauces (soya, BBQ, hot)
- herbs & spices—salt, pepper, oregano, basil, cinnamon, curry, chili powder, onion (fresh or powder), garlic (fresh or powder), bouillon cubes

##### In the fridge

- milk, cheese, yogurt, fresh fruits and vegetables, eggs, peanut butter, sandwich meats, salad dressing, butter, jam, condiments such as ketchup, mustard, mayonnaise, pickles, chutneys

##### In the freezer

- breads, bagels, tortillas, fruit, vegetables, grated cheese, meat, chicken, fish, frozen juice

#### IDEAS

- plan your meals for a few days and then make your grocery list—this way you can buy enough fresh food to last until your next shopping trip, but not too much so that it spoils
- find a grocery store that is convenient for you—one where you can make a quick stop on your way to or from school or work
- keep your grocery list on the fridge to record your needs
- have a weekly budget for groceries and stick to it—be realistic
- buy extra non-perishable items (e.g. canned tuna) when they go on sale
- make large batches of casseroles, chilis, etc. and freeze single serving portions
- add frozen vegetables to soups, casseroles, chili, macaroni and cheese



## KITCHEN ESSENTIALS

Need simple ideas for a day's menu?

### BREAKFAST

- Milk
- Bowl of cereal
- Fruit

### LUNCH

- Egg salad on bagel
- Fruit
- Yogurt

### DINNER

- One-pot chili
- Whole grain toast
- Milk
- Cookies

#### Mix it Up

Mix it up with different ideas choosing foods from at least 3 of the 4 food groups in Canada's Food Guide at meals and choosing Food Group foods for snacks:

- Vegetables & Fruit
- Grain Products
- Milk & Alternatives
- Meat & Alternatives

#### Hard Boiled Eggs

*Equipment needed: small pot*

Place eggs in a pot. Cover with cold water. Bring to a boil over medium heat. Turn the heat to low and let simmer for 10 minutes. Run cold tap water over the eggs. Refrigerate if not using immediately. Use within a couple of days.

#### Egg Salad

*Equipment needed: small mixing bowl*

Shell two hard-boiled eggs and mash with a fork. Add enough mayonnaise, salt and/or pepper to suit your taste. You may want to add some pickle juice or finely chopped pickles for added flavour.

#### One-Pot Chili

*Makes 4 portions*

*Equipment needed: large pot, mixing spoon, measuring spoons*

15 mL butter or vegetable oil

250 g ground meat  
(beef, lamb, turkey, etc.)

1 small onion, chopped

1 clove garlic, chopped

398 mL tin of tomatoes

398 mL tin of kidney beans

Salt

5–10 mL chili powder

Optional: vegetables  
(frozen, canned, fresh)

Brown the meat in oil over medium heat. Drain the fat. Add the onion and garlic and cook until the onion becomes transparent. Add all remaining ingredients to the pot. Cover and let simmer for 20 minutes, stirring occasionally.

Serve with pasta, rice or bread. Add a glass of milk to make a balanced meal.

Double the recipe and freeze the extra for a quick meal later on.

#### Wrap It!

*Equipment needed: grater, baking pan or plate, potholders*

Spoon chili on a soft tortilla. Sprinkle on grated cheddar cheese. Roll the tortilla. Bake at 400°F/ 200°C for 8–10 minutes or microwave until heated through.

### EATING WELL

Check out 'Eating Well with Canada's Food Guide' to see how many Food Guide Servings from each food group are recommended for you.

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)



For more information,  
call a nutrition educator at:  
604-294-3775 or  
1-800-242-6455

[www.nutritioneducationbc.ca](http://www.nutritioneducationbc.ca)