



Pantry foods.

Foods that have a long shelf life are useful for times when you can't get to the shops. Keeping some pantry foods on hand means you will always have the makings of a good meal or snack at home.

See the 'Eating well to age well' and 'Food safety' factsheets for more information.

Meat and alternatives

Protein is more important as we age as it helps us maintain our muscle. Lean meats are a great source of protein, but sometimes it can be expensive or difficult to find at the shops. Luckily there are also plenty of pantry items that are rich sources of protein.

Try stocking your pantry with:

- tinned fish such as tuna or sardines
- canned legumes such as kidney beans, butter beans or chickpeas
- baked beans
- dried legumes such as lentils and chickpeas
- peanut butter or other nut butters
- eggs (best kept in the fridge)
- tinned soup with meat or beans.

Dairy products

Dairy products are also a good source of protein and calcium for strong muscles and bones. Pantry items from the dairy food group include:

- milk powder, evaporated skim milk, long life (UHT) milk
- plant-based milks such as soy or oat milk, fortified with calcium
- custard powder or long life (UHT) custard
- tinned rice pudding
- cream cheese and cheese (kept in the fridge - cheese can also be frozen).





Grain foods

- Rice, pasta, couscous and noodles.
- Dry biscuits, crispbreads, rice cakes and crackers.
- Bread, bread rolls, crumpets or muffins (these can be stored in the freezer to extend shelf life).
- Rolled oats and breakfast cereals.
- Flour (to bake foods like scones, bread, muffins and pikelets).

Vegetables

- Tinned vegetables such as tomatoes, corn, mushrooms and asparagus.
- Dried vegetables such as dehydrated mashed potato, dehydrated peas and dried lentils.
- Bags of frozen peas, corn and carrots can also be a budget-friendly way to keep vegetables on hand for longer periods.

Fruit

- Tinned fruit in natural juice.
- Dried fruits such as prunes, dates, sultanas or apricots.
- Long life 99% fruit juice.

Flavouring

Having some versatile condiments and spices on hand will help you add flavour to simple meals and will keep for a long time in the cupboard or fridge. Check expiry dates and storage instructions on the label.

Some examples include:

- dried herbs and spices such as cinnamon, ginger, curry powder and mixed herbs
- condiments such as mustard, mint sauce, chilli sauce or mayonnaise
- lemon juice.

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Funded by the Australian Government Department of Health.

Visit the Department of Health website (www.health.gov.au) for more information.

