

Swap
WHEN YOU **COOK**

Swap
WHEN YOU **SHOP**

Swap
WHEN YOU **SNACK**



What's In My Cupboard?

Try to keep a store of the tinned, dry or fresh foods listed below in your cupboard, fridge or freezer. This will help if you are short of time and can also reduce anxiety when times are hard, as you will always have ingredients to make a tasty, healthy meal.

Useful foods to have in your cupboard:

- Wholemeal pasta
- Couscous
- Tinned vegetables
- Wholegrain cereal
- Sugar free jelly cubes
- Herbs and spices
- Tinned or dry chickpeas
- Butter beans, baked beans, kidney beans
- Crispbread/crackers
- Vegetable soup
- Tinned tomatoes
- Tinned fish
- Tinned fruit in juice
- Wholemeal bread
- Brown rice
- Vegetable oil
- Dried fruit
- Noodles
- Porridge oats



Useful foods to have in your fridge and freezer:

- Sliced lean meats (e.g. chicken, turkey)
- Lean mince (e.g. beef, turkey)
- Eggs
- Natural low-fat yoghurt
- Cottage cheese
- Low-fat spread (instead of butter)
- Semi-skimmed/skimmed milk
- Low fat crème fraiche or quark
- Plant based proteins (e.g. tofu, soya chickpeas, lentils, beans, split peas)
- Extra light mayonnaise
- Reduced fat cheese
- Frozen Quorn mince
- Frozen fruits
- Frozen vegetables
- Frozen garlic or paste
- Frozen ginger or paste
- Frozen chillies or paste
- Frozen coriander



Here's a few of our favourite swaps to help you get started:

Breakfast



- Swap sugar-coated cereal for wholegrain cereal like shredded wheat or porridge.
- Swap whole milk for semi-skimmed or skimmed milk.
- Swap plain flour for wholemeal flour if you're making rotis or chapattis

Lunch



- Swap cake for a slice of malt loaf
- Swap white bread, bagels and pittas for wholegrain versions
- Swap sugary fizzy drinks for water

Dinner

- Swap the frying pan for your grill when cooking meat
- Swap cream in sauces for a low-fat crème fraiche, low fat cheese, or choose a tomato-based sauce
- Swap ghee or butter for vegetable or olive oil – you only need to use small amounts



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Storing food for longer

Store fresh fruit in your fridge e.g. apples, peaches, plums, berries, grapes (except bananas). Apples can last for more than 100 days in the fridge which is much longer than the fruit bowl

Store vegetables in your fridge e.g. mushrooms, green beans, cucumber, broccoli, carrots, cabbage. Carrots will stay fresh for up to a month in the fridge

Chop and freeze excess fruit and vegetables to use another day

Store potatoes, onions, garlic in a cool dry and dark place. They can all last several months if stored well

Freeze loaves of bread, crumpets, bread rolls, chapattis, wraps, naan breads, pitta breads or teacakes and take them out to use as and when you need them

Freeze milk or buy UHT (long life) milk this can help to save money by preventing waste. You can also freeze milk in ice cube trays so it's ready to pop straight into your favourite hot drink

Freeze food right up to and including on the 'use by' date. If you're not sure that you will eat it in time - just freeze it for another day

If you find you often waste fruit or vegetables, try buying them loose so that you only have as much as you need for the week

Food dates and what they mean

The date labels on some food packaging can be a bit confusing if you don't understand the difference. This guide will help you save money and avoid waste.

DISPLAY UNTIL / SELL BY: These dates are for the shop and not for us at home. You don't need to worry about them, but look out for yellow stickers and discount labels on foods if you want to grab a bargain when the shops want to sell foods off quickly

BEST BEFORE: These dates tell us that food is still safe to eat after that date but the flavour and texture may not be as good as when it is fresh. Use your senses to make a judgement about if a food is still ok to cook or eat e.g. it's smell, appearance and taste. Depending on how your food is stored, it has the potential to be good enough to eat for a long time after this date

Here's a guide to a few key food items and how long after the 'best before' date they can be eaten:

Crisps	1 month	Crackers	6 months
Cereals	6 months	Jar of sauce	12 months
Dried pasta	1-2 years	Tinned foods	1-2 years

USE BY: These dates are about safety and are applied to foods that go off quickly. You should not eat food after the 'use by' date even if it looks and smells ok. However, you can freeze meat, fish, dairy products and chilled foods right up to and on the day to use safely in the future

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