



### STOCKING UP

It's useful to have a store of basic foods, particularly if you can't get to the shops. The list below provides some simple cupboard suggestions.

#### Meat, fish and alternatives

- Canned meat or fish e.g. corned beef, ham, sardines, pilchards, salmon, tuna, stews, curries, mince.
- Ambient ready-meals.
- Chickpeas, lentils, beans/baked beans.
- Packets of tofu.

#### Milk, dairy and alternatives

- Long-life, dried, evaporated or condensed milk.
- Cans, packets or pots of milk pudding.
- Cheese in squeezable tubes.

#### Cereal and starchy food

- Breakfast cereals, porridge, breakfast drinks.
- Crisp bread, flatbreads, crackers, oatcakes, biscuits.
- Pasta, rice, spaghetti.
- Instant mashed or canned potatoes.



#### Freezer ideas

- Extra portions of homemade meals.
- Frozen meat, kebabs, Quorn and fish.
- Ready meals such as stews, casseroles, lasagne, fish pie, pizza, korma/curries.
- Fish fingers, breaded fish/chicken.
- Bhajis, samosas, pakoras, falafel.
- Liquid stock such as vegetable, meat or fish.
- Frozen chips, potato scones, mashed and baked potatoes.
- Bread, rolls, bagels, tortilla wraps, chapattis, naan bread.
- Fruit and vegetables.
- Ice cream, frozen yoghurt, frozen desserts.

#### Remember

- Only buy food that you like and will use.
- Always store and cook food according to the manufacturer's instructions.
- Always check the dates of food in your cupboards/fridge and do not let them go out of date.

#### Fruit and vegetables

- Tinned fruit and vegetables such as tomatoes, sweetcorn, pears and mandarins.
- Packets and pots of fruit including dried fruit.

#### Drinks

- Drinking chocolate and malted milk drinks such as Horlicks and Ovaltine.
- Long life fruit juice, fruit squash enriched with vitamin C.

#### Other

- Rich fruit loaf, tinned sponge puddings.
- Peanut butter.
- Cans, jars and dried soups and sauces.
- Stock cubes, meat and yeast extract.
- Herbs and spices.
- Sugar.



### SPECIAL CONSIDERATIONS

Special dietary considerations must be considered. Please seek further guidance on how to adapt suggestions to meet individual needs. For example:

- a texture modified diet to manage dysphagia or to make swallowing easier
- exclusion diets such as gluten-free or lactose-free diets
- vegetarian or vegan diets
- religious dietary rules and/or restrictions
- fortified foods to meet for people with a poor appetite or increased energy/protein needs.

### KEEPING HYDRATED



Good hydration can reduce the risk of falls, constipation, urine infections (UTIs), poor memory and concentration.

- Aim to have 8-10 cups/glasses a day – this is around 1.6-2 litres.
- This can include tea, coffee, fruit juice, fruit squash, milk, milky drinks, soups, milkshakes and water.

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