

## **Appendix Five – Pantry Products**

### **Storage containers.**

#### **Baking basics**

- Sugar, Brown sugar, Icing sugar, Cornflour
- Flour, Baking powder, Baking soda, Vanilla
- Cocoa, Chocolate chips, Coconut, tin of Condensed milk, tin of Coconut milk,
- Dried fruits of apricots, dates, raisins, sultanas, currants
- Nuts of peanuts, almonds, walnuts
- Ground spices of cinnamon, cloves, ginger, nutmeg

#### **Herbs /Sauces**

- Salt and pepper, Stock
- Dried herbs of cumin, oregano, marjoram, paprika, rosemary, thyme
- Granulated garlic, Mustard
- Vegetable oil. Vinegars.
- Tomato sauce, Soy sauce, Fish sauce, Worcestershire sauce
- Mayonnaise

#### **Canned Goods**

- Tin cream corn and whole corn
- Tins of Spaghetti, tins of Baked Beans
- Tins of tomato puree, tin of tomato paste, tins of whole tomatoes
- Tins of tuna
- Tin fruit

#### **Rice/Grains**

- Rice
- Pasta (spaghetti, penne)
- Couscous

#### **Cereals/Snacks**

- Breakfast cereals
- Rolled oats
- Honey, jam, 'Marmite'
- Crackers, biscuits

#### **Drinks**

- Tea, Coffee, Milo
- Fruit juice

#### **Perishables**

- Milk, butter, cheese, eggs,
- Potatoes, onions, garlic, carrots, broccoli, cauliflower, apples
- Bread, pizza bases
- Meats

#### **Miscellaneous**

- Paper towels, Baking paper, Cling wrap, Plastic bags
- Detergent, Pot mit and pot scrub, Dish cloths and tea towel