

How to Shop for Basics

These basic ingredients are great for allowing you to use the food from the food bank and make a variety of meals and goodies!

Ingredient list:

- **Flour**, whichever one you prefer (basic white works best for bread, pastry and cakes)
- **Oats**, whichever you prefer (Old fashioned or Rolled work best for baking)
- **Eggs**, general chicken eggs are great
- **Milk** (your choice in milk; milk powder lasts a long time) Dairy milk is needed for the cheesy sauces, you need the fat content.
- **Oil** (what ever oil you prefer to use (olive, vegetable, sunflower, peanut, margarine or butter. Butter or margarines works best for baking or pastry)
- **Spices** (choose what you prefer for taste. Some good ones to start are cinnamon, poultry seasoning, garlic & onion powder, salt and pepper)
- **Sugar**, regular white sugar works best for most recipes.
- **Molasses**, you can make your own brown sugar anytime you need it!
- **Instant yeast**, (usually found in the aisle with flour) you can use active dry yeast but it's easier to make a mistake.
- **Sweet details!** Adding a sweet to a recipe can add texture, flavor, variety and hit that craving. Sweet could include dried fruit (raisins, dates, mango), shredded coconut, maple syrup, honey, or sweeteners. Choose something interchangeable in recipes or ways of use. (I haven't adjusted the recipes for sweeteners and volume, sorry).
- **Other Proteins**, affordable protein is hard to find now a days. Some ways of getting protein not commonly thought of can include tofu, nuts, seeds and beans! The amount of protein needed for everyone can vary, I can not guarantee the amount of protein gained from each item listed.

Nuts! You can use peanut butter, sesame, almond or any nut butter you prefer. You could use whole nuts including peanuts, almonds, cashews (Storing a large quantity? They can be frozen!)

Seeds! Including sunflower, flax, chia, pumpkin, sesame, poppy seeds

Beans! Including chickpeas, black beans, kidney beans, these can include canned or dried. Each type of dried bean requires its own soaking and cooking times, but luckily, the details are on the bag.

Tofu! Tofu comes in a couple varieties. Soft 'silken' tofu is a good substitute for 'scrambled eggs', adding to a soup or making a smooth sauce. Firm tofu is great to fry up with some spices and eat like a piece of meat. It has a slightly chewy taste similar to meat. Learning to cook tofu can take some practice but it's a great source of protein if you can't afford meat.

References and Resources:

Protein information:

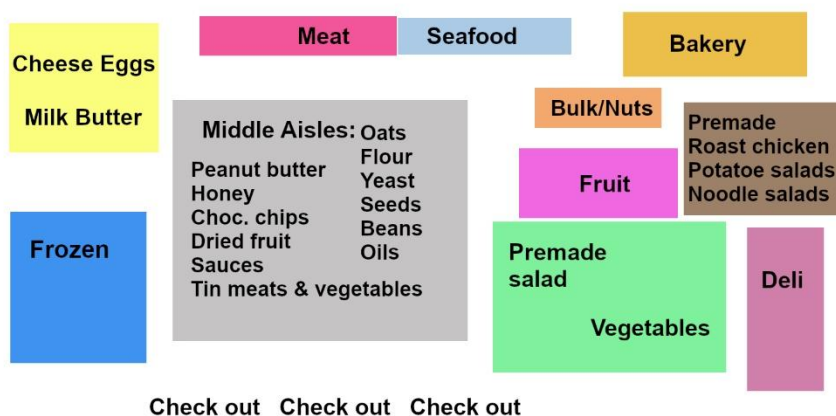
<https://www.eatingwell.com/nuts-and-seeds-ranked-by-protein-8423784>

<https://www.healthline.com/nutrition/healthiest-beans-legumes>

Government of Canada - Canada Food Guide, Highly Processed Food

<https://food-guide.canada.ca/en/healthy-eating-recommendations/limit-highly-processed-foods/>

Example of lay out at grocery stores..



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The Staples: Ingredients

My grocery store:

Basics		Details	Aisle	Price
Flour				
Oats				
Eggs				
Milk				
Oil				
Spices				
Sugar				
Molasses				
Instant Yeast				
Sweet details				
	<i>Dried fruit</i>			
	<i>Chocolate chips</i>			
	<i>Honey</i>			
	<i>Sweeteners</i>			
Other Proteins				
	<i>Nuts</i>			
	<i>Seeds</i>			

	<i>Beans</i>			
	<i>Tofu</i>			