

# Core ingredient list for school canteens and food providers

The following list suggests core ingredients to have in your fridge or pantry which can be used to make healthier meals and snacks.

<b>Vegetables and fruit</b>	<input type="checkbox"/> Seasonal fresh vegetables and fruit (see our <i>Seasonal Planner</i> <sup>†</sup> )	<input type="checkbox"/> Canned vegetables and fruit* <input type="checkbox"/> Frozen vegetables and fruit
<b>Protein</b>	<input type="checkbox"/> Legumes such as beans, chickpeas, lentils or kidney beans (dried or canned)* <input type="checkbox"/> Eggs <input type="checkbox"/> Fish – fresh, frozen or canned*	<input type="checkbox"/> Fresh, lean meat and poultry (see our Food Preparation and Cooking Tips <sup>†</sup> to reduce saturated fat content) <input type="checkbox"/> Mince (prime or premium)
<b>Milk, cheese and yoghurt (and milk alternatives)</b>	<input type="checkbox"/> Milk* <input type="checkbox"/> Milk alternatives eg. soy milk, almond milk (preferably calcium-fortified and/or reduced-fat versions) <input type="checkbox"/> Yoghurt*	<input type="checkbox"/> Soft cheese (eg. cottage cheese, low-fat cream cheese, ricotta) <input type="checkbox"/> Hard cheese (eg. Edam, Noble, reduced-fat cheddar) <input type="checkbox"/> Evaporated milk (reduced-fat or lite varieties)
<b>Grain foods and starchy vegetables</b>	<input type="checkbox"/> Whole grain and wholemeal bread* <input type="checkbox"/> Pasta (preferably wholemeal) <input type="checkbox"/> Oats <input type="checkbox"/> Couscous (preferably wholemeal) <input type="checkbox"/> Rice (preferably brown rice)	<input type="checkbox"/> Plain noodles <input type="checkbox"/> Barley <input type="checkbox"/> Popcorn (plain) <input type="checkbox"/> Potatoes, kumara and taro
<b>Nuts and seeds</b>	<input type="checkbox"/> Peanuts, cashews, almonds, walnuts or other nuts	<input type="checkbox"/> Sesame seeds, pumpkin seeds, sunflower seeds, flaxseeds or other seeds
<b>Cooking fats and oils</b>	<input type="checkbox"/> Vegetable oils (eg. canola, sunflower or olive oil. Excludes palm oil and coconut oil)	
<b>Spreads, salad dressings and mayonnaise</b>	<input type="checkbox"/> Margarine* <input type="checkbox"/> Mayonnaise (reduced-fat or lite varieties) <input type="checkbox"/> Red, white and balsamic vinegar <input type="checkbox"/> Salad dressings and vinaigrette (eg. balsamic vinaigrette or lite varieties)	<input type="checkbox"/> Lemon or lime juice <input type="checkbox"/> Avocado <input type="checkbox"/> Plant-based dips and spreads (eg. hummus, nut or seed butter and guacamole)
<b>Herbs, spices and seasoning</b>	<input type="checkbox"/> Pepper <input type="checkbox"/> Fresh and dried herbs, spices and seasonings	<input type="checkbox"/> Curry powder and pastes <input type="checkbox"/> Garlic and ginger
<b>Stock</b>	<input type="checkbox"/> Salt-reduced stock or stock cubes	<input type="checkbox"/> Cornflour (as a thickener)
<b>Condiments and sauces</b>	<input type="checkbox"/> Table sauces (eg. tomato sauce, BBQ sauce and sweet chilli sauce). Use reduced-salt and/or reduced-sugar varieties where available. <input type="checkbox"/> Soy sauce (reduced-salt varieties)	<input type="checkbox"/> Tomato paste <input type="checkbox"/> Mustard <input type="checkbox"/> Chutney, pickle and pesto
<b>Baking</b>	<input type="checkbox"/> Flour (including wholemeal) <input type="checkbox"/> Bread crumbs (preferably wholemeal) <input type="checkbox"/> Filo pastry	<input type="checkbox"/> Yeast <input type="checkbox"/> Baking powder or baking soda

\* Our online *Healthy Food Cruncher* can help you make healthier choices when purchasing these items.

<sup>†</sup> These resources are available at [fuelled4life.org.nz/resources](https://fuelled4life.org.nz/resources)