




## Nutrition Month 2018:

### Cooking with the 'Basic Shelf'

FNIHB Nutrition Advisory Team  
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## Objectives

- Introduction to the Basic Shelf cookbook
- Basic Shelf tips and how to use in your community
- Learn how to cook a Basic Shelf recipe



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## Nutrition Month 2018 – Unlock the Potential of Food

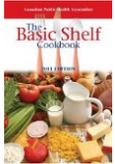
- Food is nourishment but it can also:
  - Improve health
  - Prevent disease
  - Fuel activities
  - Bring people together
  - Inspire children
  - Unite us
  - Enhance celebrations



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## The Basic Shelf Cookbook

- Originally developed in the 1990s for those living on a budget by Canadian Public Health Association
- All recipes made from one list of low-cost, nutritious ingredients -> **Basic Shelf**
- Many of the ingredients can be kept for a long time without refrigeration
- Recipes are nutritious, tasty, quick, and easy to make
- In addition to recipes, content includes shopping tips to save money, recipe substitutions, information on food storage, how to cook dried beans and meal planning tips to save money



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## What is in the 'Basic Shelf'?

### Grain Products

- Rice (white and brown)
- Barley
- Pasta (macaroni, spaghetti, lasagna noodles)
- Bread crumbs



### Vegetables and Fruit

- Carrots
- Onions
- Potatoes
- Tomato paste
- Canned vegetables (e.g. Corn, tomatoes, etc.)
- Canned vegetable soups (e.g. Tomato, mushroom, etc.)
- Canned fruit (peaches, pineapple, fruit cocktail)



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## What is in the 'Basic Shelf'?

### Meat and Alternatives

- Canned beans, peas and lentils (e.g. Kidney beans, chick peas, etc.)
- Dried beans, peas and lentils
- Peanut butter
- Canned light tuna



### Milk and Alternatives

- Skim milk powder

### Fats and Oils

- Soft, non hydrogenated margarine
- Vegetable oil (e.g. Canola oil)



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### What is in the 'Basic Shelf'?

#### Baking Ingredients

- Flour (all purpose, whole wheat)
- Sugar (white, brown)
- Baking powder
- Baking soda
- Corn starch
- Raisins
- Rolled oats
- Artificial vanilla extract



#### Seasonings

- Salt and pepper
- Beef and chicken broth (cubes)
- Dry mustard
- Garlic powder
- Ketchup
- Soy sauce
- Vinegar
- Worcestershire sauce
- Dried herbs (e.g. Italian herbs, thyme, etc.)
- Spices (e.g. Chili powder, cinnamon, paprika, etc.)



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### Tips for the Basic Shelf

#### Nutrition Tips

- Buy lower sodium version of canned vegetables and seasonings
- Buy canned fruit packed in water (or juice)
- Choose brown rice and whole wheat pasta over white



#### Money saving tips

- Buy items you will need in small quantities (herbs, baking ingredients) in bulk when possible
  - Check pages 9-10 of the Basic Shelf for how long ingredients will last
- You do not have to buy all the 'Basic Shelf' ingredients at once – slowly build your basic shelf
- Review the 'what to use if you don't have' section

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### Recipes

- In the age of the internet – recipes are everywhere!
- Basic Shelf recipes are low-cost (usually include 1 or 2 items in addition to the Basic Shelf), quick and easy
- Easy to plan: every Basic Shelf recipe lists what items you need in addition to the Basic Shelf



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### Ideas on how to use the Basic Shelf

Prenatal classes – prepare own lunch instead of catering

Use 'Basic Shelf' ingredients/equipment list for door prizes

Community kitchen – make and send participants home with ingredients

Use recipes for Kids in the Kitchen (simple and easy)

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### Lets Cook

Chickpea Burgers – page 77 & 78 of the Basic Shelf



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