




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

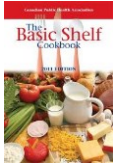
- Food is nourishment but it can also:
 - Improve health
 - Prevent disease
 - Fuel activities
 - Bring people together
 - Inspire children
 - Unite us
 - Enhance celebrations



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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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Prenatal classes –
prepare own lunch
instead of catering

Community kitchen –
make and send
participants home with
ingredients

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

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

Ideas on how to use the Basic Shelf

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Lets Cook

Chickpea Burgers – page 77 & 78 of the Basic Shelf



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