



NHS Children's Nutrition Team

Supporting Tameside families during COVID-19

Cooking Essentials



When cooking it can be really helpful to have a base set of ingredients which can be used in a lot of different recipes. These ingredients will often only need to be bought once in a while as they are only used in small amounts.

These Ingredients include:

- Cooking Oil
- Low fat spread
- Flour
- Milk
- Salt
- Pepper
- Herbs
- Spices
- Tinned Tomatoes
- Beans
- Rice
- Pasta
- Garlic
- Onions
- Potatoes
- Stock cubes
- Sugar



Good Tip: Add a couple of essential ingredients to your shopping list each time you go to the supermarket. Before you know it you will have everything you need!

Check out the following for more up to date information
www.tameside.gov.uk/healthyeatingandnutrition/kids/budget



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