

UNDER \$30 AUSTRALIAN FOOD PREPPING LIST

Worried you don't have enough money to prepare? Think again! Check out this list of pantry staples you can purchase for less than \$30 at either of the major supermarkets. None of these foods require fridge or freezer space to store, and they're compact enough you probably won't need a car to carry them home!

DRIED FOOD	WOOLWORTHS	Size	Serves	COLES	Size	Serves
Dried beans	\$1.70	375g	7.5	\$1.70	375g	7.5
Split peas	\$1.70	500g	10	\$1.70	500g	10
Rice	\$2.80	1kg x2	28	\$2.80	2kg	40
Oats	\$1.40	750g	25	\$1.65	900g	30
Powdered chicken soup	\$0.45	50g	4	\$0.45	50g	4
Powdered onion soup	\$0.45	40g	4	\$0.45	40g	4
Beef noodles	\$1.00	425g	5	\$1.00	425g	5
Chicken noodles	\$1.00	425g	5	\$1.00	425g	5
Pasta*	\$0.80	500g	5	\$0.90	500g	5
Couscous*	\$1.75	500g	5	\$1.75	500g	5
Stock cubes	\$0.80	35g	7	\$0.80	35g	7
Garlic powder	\$1.30	25g		\$1.50	25g	
Parmesan cheese	\$1.00	100g		\$1.60	100g	
CANNED FOOD	WOOLWORTHS	Size	Serves	COLES	Size	Serves
Tomatoes (2 tins)	\$1.60	400gx2	4	\$1.20	400gx2	4
Spaghetti	\$0.65	420g	3	\$0.65	420g	3
Baked beans	\$0.65	420g	3	\$0.65	420g	3
Bean mix	\$0.80	420g	3	\$0.75	420g	3
Mushrooms	\$1.40	400g	3	\$1.35	400g	3
Corn	\$1.00	400g	3	\$0.90	400g	3
Green peas	\$0.85	420g	3	\$1.00	420g	3
Red meat (ham/beef)**	\$2.50	340g	4	\$2.50	340g	4
Tuna (3 tins)**	\$3.60	185gx3	6	\$3.60	185gx3	6
Soup	\$0.80	420g	4	\$0.80	420g	4
	\$30.00			\$29.85		

(Prices correct in South Australia on March 10, 2020.
Serving sizes from manufacturers' estimates.)

* The Woolworths list allows for **both** pasta and couscous.

The Coles list allows for **either** couscous **or** two packs of pasta.

**Recommendation for vegetarians: Swap out the canned red meat for a 297g block of Morinaga long-life tofu (found in the pantry section), \$3.45 at either Woolworths or Coles (yields 3 serves). Instead of tuna, buy three tins of vegetables or some other protein source averaging up to 90c per can not to go over budget. (Or, if you don't like tofu, spend up to \$6.30 on alternatives)

60c cans: Coles tomatoes, chopped (400g, 4 serves) 75c cans: (all 400g, 3 serves, from Coles) Butter beans Cannellini beans Chickpeas Four bean mix Lentils Red kidney beans	80c cans: (all from Woolworths, all 4 serves) Black beans (420g) Four bean mix (420g) Mexican bean mix (420g) Tomatoes (400g) Coles/Woolworths beetroot (425g, 3 serves)	85c cans: Woolworths garden peas (420g, 4 serves) Coles/Woolworths champignons (190g, 1 serve)	90c cans: Woolworths creamed corn (400g, 3 serves) Coles corn kernels (420g, 3 serves) \$1 cans: Woolworths corn kernels (420g, 3 serves) Coles baby peas (420g, 3 serves) Coles baby corn (410g, 4 serves)
---	---	---	---

What can you do with it though?

Obvious, instant meals:

- Chicken or beef noodles, or noodle soup (10 serves)
- French onion, chicken, or tomato soup (12 serves)
- Spaghetti or baked beans (6 serves)

How to make these instant meals more tasty:

- Got some herbs and spices in the cupboard? Add them!
- Have a spare onion? Thinly dice it and add to your soup.
- Sprinkle some Parmesan cheese on your soup or spaghetti.

How to make these instant meals more filling:

- Got some bread in the freezer? Serve your spaghetti or baked beans on top. Bulk out with canned tomatoes if you have some spare.
- Soak your black beans or soup mix and bulk your soup out with these grains. In a pinch, you can use oats.
- Add leftover cooked rice to your soups.

Make sure to freeze or use up all of your fresh ingredients before they go off!

- **Empty-the-fridge Soup.** (Serves 4-6) This soup (adapted from *The \$21 Challenge*) can be modified to suit whatever you have on hand. Just boil together whichever ingredients you have, and leave out or substitute those you don't: 2 litres stock (can substitute prepared instant chicken soup mix), 50g of peas or beans, any vegetables from your fridge (such as carrots, celery, potato), 1 tbs tomato paste (can substitute canned tomatoes), optional: ½ tsp mixed herbs, bacon (can substitute a few slices of diced tinned meat), 50g of soup mix (soaked according to directions)
- **Leftovers Recipe.** (Serves as many as you'd like) Cook some grains (rice, chickpeas etc.) according to the pack, or use a can of beans. Mix through finely chopped vegetables and meat leftovers from your fridge. If you have it, 2-4tbs of curry powder and onion make this meal extra tasty. Heat and serve.

Dirt-cheap but tasty meals that require some preparation:

To make your stash last, serve every meal with rice, noodles, or couscous

Tip: Many of these recipes require (or are better with) a bit of butter or some other cooking oil. If you don't have any, try to buy tuna that is tinned in oil – you can drain off the oil and use it in other recipes. Be sparing. Some brands of noodles may also come with sachets of cooking oil. Use non-stick pans wherever possible.

Optional recommended pantry staples: Flour (self-raising), sugar, salt and pepper.

Many households will have these items on hand, so I haven't included them, but if you need to add them to your shop, budget an extra \$5 or so (SR flour, sugar, and salt all cost around \$1/kg).

- If you don't have flour, you can make [oat flour](#) by blending your oats. (You'll need to add baking powder to substitute for self-raising flour)
- If you don't have sugar, you can use honey or any other sweeteners you might have in the cupboards for most recipes.
- If you don't have salt and pepper, whenever you're adding a different sauce to your noodles, set aside the flavouring sachets and use those in other recipes to add a bit of extra taste.

- If you have a freezer, \$1.50 bags of frozen mixed vegetables are a great idea, and spinach is packed with essential nutrients.

BREAKFAST

- **Porridge.** To make your own instant oats, place in a food processor and pulse to make a coarse mixture. To prepare, pour $\frac{1}{4}$ cup into a bowl and add $\frac{1}{3}$ cup boiling water. Mix, and allow to stand for 2 mins. Serve with butter and a pinch of salt, or if you have it, cinnamon, sugar, or honey.
- **Breakfast Couscous.** If you have it, serve with cinnamon or herbs.

LUNCH/DINNER

- **Basic Pizza** (Serves 4) Mix together 1 cup of SR flour and a pinch of salt, plus $\frac{1}{2}$ cup of water to make a dough. Use a fork to mix it evenly. Grease a tray and roll the dough out. Top with tomato sauce if you have any (or use a little of your tinned tomatoes), sprinkle on a bit of garlic powder, some herbs (like oregano) if you have any, and couple of sliced tomatoes, and, unless you have some tasty or cheddar in the fridge or freezer, finish with a little Parmesan cheese. Corn and tuna also work well on pizza. Check the fridge and freezer for any other suitable toppings.
- **Bean Burgers.** (Makes 8) Mash together 3 cups cooked kidney or similar beans, 4 slices of bread made into crumbs (use foodprocessed oats if you don't have any), and any herbs or seasonings you have to hand (e.g. cumin, coriander, curry powder, ginger, soy sauce). Shape into 8 patties, then cook in a hot non-stick pan or on a BBQ until golden and piping hot.
- **Beans and Bacon.** (Serves 4) Prepare four servings of your chosen dried beans according to the instructions on the pack. Flavour with salt and pepper, any herbs you might have, and some sliced bacon SPAM or similar tinned meat.
- **Beans and Rice.** (Serves 4) If you have them, cook 1 clove of crushed garlic and any spices you have on hand in 1tbs of oil. Add 1.5 cups uncooked rice, mixing well, then stir in a tin of tomatoes, beans (either a 400g can of beans, or the equivalent of pre-soaked dry beans), and 1 tbs of stock powder (or soup mix) dissolved in 1 cup of water. Check regularly to stir, adding another half cup of water each time to stop the rice from drying out and sticking to the pan. Serve with Parmesan cheese.
- **Bean Spaghetti Sauce.** (Serves 4) Soak 2 cups of beans overnight if possible, then cook as directed on pack. Drain, and a can of tomato sauce. Stir in tablespoons of flour until the sauce is thickened. Add some pepper, and spices if you have any (e.g. paprika, oregano, thyme, basil). Serve on rice or pasta, topped with Parmesan, or on the cheap tortillas.
- **Black Bean Rice.** (Serves 4-6) Soak 1 cup of black beans overnight. Then, steam 500g of rice using 900g of water (or boil according to usual method). Meanwhile, boil black beans until soft. If you have any vegetables in your fridge (e.g. carrot, cabbage, kale, onion) chop these up and fry in a non-stick pan (otherwise, substitute some canned vegetables later on). In a large pot, combine all ingredients over heat, and, if you have it, add a cup of soy sauce or any other sauce you have to hand. A few teaspoons of curry powder works well, too. Raisins or sultanas are also a tasty addition. Otherwise, flavour with salt, pepper, stock, garlic powder, and/or flavour sachets.
- **Bulk Soup.** (Serves 6) Cook red lentils as directed, add garlic to taste. Add a can of tomatoes (put a little water in the can to get the tomato on the sides and pour this in, too).

- **Cheap Tortillas.** (Makes 3-6 depending on size & thickness) Mix 350g flour and 250ml of water on a high speed for 1.5 mins in a mixer, or by hand until smooth. Then mix in 1 tsp of salt, ¼ tsp of garlic, and if available, 1tsp of herbs (e.g. rosemary, parsley). The mixture should be runny enough to pour – add more water if necessary. Pour into an oiled pan and fry until golden, then flip and fry until cooked through. Serve stuffed with your favourite bean sauce.
- **Congee.** (Serves 4) A classic Asian comfort food, often recommended for those who are ill: In a large pot, bring ¾ cup of rice and 9 cups of water to the boil. (For extra flavour, you can use stock, but this isn't necessary). When boiling, turn heat down to medium-low, and cover with a tilted lid to allow steam to escape. Continue to cook, stirring occasionally, until the rice has the texture of porridge (this can take an hour or more). Mix in a teaspoon of salt and serve. [Click for other methods.](#)
- **Corn and Tuna Fritters.** (Serves 4-6) Mix 1 cup SR flour and ½ cup milk (or water, if you don't have any) in a bowl. If you have some, add one or two eggs, and stir gently (otherwise, add small amounts of water until combined). Add 185g of tuna and 1 can of corn kernels. Stir well, and season with salt and pepper. Shallow-fry in oil. For a vegetarian alternative, substitute grated zucchini, carrot, or any other suitable vegetables in your fridge for the tuna.
- **Corn Fritters.** (Serves 4) If you have flour, you can make corn fritters. Simply mix together a tin of creamed corn, and a little under a cup of flour, and, if you have it, an egg. Season with salt and pepper (or if you don't have any, a flavour sachet from your noodles). Cook in a well-oiled or non-stick pan.
- **Corn Soup.** (Serves 4-6) In a saucepan set to medium heat, mix together a can of corn (creamed or kernels), some of your chicken or onion soup powder, and a tin of chopped tomatoes. If you have any herbs to hand, add some of your favourites. Bring to the boil, then serve.
- **Creamed Mushrooms.** (Serves 3) Melt butter or oil in a saucepan over medium heat, add a drained can of mushrooms, and cook for a few mins until soft. Then mix in 3tbs of flour, and 1 cup of milk (or water, if you don't have any milk) a little at a time, stirring well, Reduce heat and keep stirring until the sauce boils and thickens. Season with salt and pepper (or a flavouring sachet) to taste.
- **Easy Mushroom Risotto.** (Serves 4) Cook 2 cups of rice in stock (can substitute some of the instant onion soup mix). Sauté mushrooms in 1tbs of butter (or any other cooking oil you have on hand). Mix in to the cooked rice, and top with Parmesan cheese. (Optional: add some frozen spinach if you have it)
- **Easy Flat Bread.** (Serves as many as you'd like) With a fork, mix one part flour to one part water (e.g. 1 cup flour to 1 cup water) in a bowl. Bake in the oven like scones, or fry up as flat bread in a pan.
- **Fish and Bean Stew.** (Serves 4) In a medium saucepan, cook 1 cup of stock until reduced by a third, then mix in 1 can of tomatoes, any herbs you have (e.g. parsley, bay leaf, or a little chilli - some brands of noodles may come with this) and simmer for 10 mins with the lid off. Mix in a can of tuna and 1 can of beans (or the equivalent of cooked dried beans) and cook for a further 8 mins. Add some chopped up SPAM if desired. Serve over rice or couscous.
- **Fish cakes.** (Serves 2) Combine a can of tuna with 200g of mashed potato or rolled oats. Mix in any herbs you have, along with 3 tbs of flour. Optional extra to bulk the recipe out and serve more: add ½ cup of peas or any frozen vegetables you have. Form into cakes and then cook on medium heat in a fry pan for around 3-4 mins per side.

- **Fried Rice.** (Serves 2) Fry an egg, if you have one, as an omelette, and set aside. Otherwise, stir-fry 40g of peas, 40g of corn, and if you have it, 1 tbs soy sauce (or a flavouring sachet), along with 400g of cooked rice. If applicable, cut the omelette into strips and mix through.
- **Instant Couscous.** (Serves as many as you like) Pour as many serves as required into a bowl, along with any herbs you may have, and cover with boiling water. Place a plate on top and wait for two minutes, or until soft. If you have it, mix some butter or oil through to taste. Add sliced bacon/tinned meat or some tuna for protein.
- **Lentil Bolognese.** (Serves 4-8) Boil a large saucepan of water, and pour in 1 cup of lentils, ensuring none stick to the bottom. Boil for 10 mins or until soft. Drain, and then mix in 1 tin of tomatoes, 2 tbs of any herbs you have, along with 1tsp of sugar and ½ tsp of Marmite/Vegemite/Promite etc. if you have it. Season with salt and pepper or a flavour sachet.
- **Lentil Patties.** (Makes 4) Place 110g cooked lentils and herbs in a saucepan on medium heat, and cook in 60ml of water, stirring until heated through and on the soft side. Once the water is absorbed through (about 6-7 mins), remove from heat, and stir in 60g of breadcrumbs (if unavailable, substitute ground up oats). Divide into 4 portions, form into patties, and fry in oil for a few mins until golden brown on each side.
- **Lentil Shepherd's Pie.** (Serves 4) Cover 200g lentils and a pack of soup mix with water and boil for 50 mins or until cooked through (if they mash with a fork, they're ready). Preheat oven to 170C, then, to your drained lentils, add 1 cup of peas, ½ a tin of corn, and 1 tin of tomatoes. Stir well. Transfer to a casserole dish. If you have any potato, you can top with mashed potato. Bake in a medium oven for 40 mins or until heated through. If you have any leftovers, either use as a toast or sandwich topping if you've got some bread in the freezer, or add any other suitable (cooked) vegetables you have in the fridge to make a stew.
- **Lentil Soup.** (Serves 6) Soak lentils over night, or boil according to the instructions on the packet. Once they are fully soaked, and 1tsp garlic powder, along with a can of tomatoes, and any spices you have to hand. If you have half an onion, you can add it, finely diced. Cook until all ingredients are heated. If it's too thick, thin with water, if too thin, stir flour through one tablespoon at a time.
- **Meatballs or meatloaf.** (Serves as many as you like) If you have any mince in the fridge or freezer, make it last longer by adding a cup of oats to your usual mince mixture. You can also use oats as a topping for meatloaf.
- **Mixed Bean Grain Salad.** (Serves 2) Combine half a can of mixed beans with 150g of cooked grains (chickpeas, pearl barley, rice etc), and any fresh salad vegetables lurking in your fridge. Pour any dressing you have over the top, or make your own with 3tbs oil, 1 tbs vinegar, 1tsp mustard, and 1tsp honey, if available.
- **Noodle Pancakes.** (Serves 2) Prepare two packs of noodles as directed (don't let it get too soft). Combine with 1 tbs of olive oil, 10g of Parmesan and, if you have it, salt and pepper, making sure the spaghetti is well coated. Heat 1-2 tbs of oil into the pan, and spoon spaghetti into the pan in a pancake shape. Cook 2 at a time for 2-3 mins per side, or until crispy and golden.
- **Pea and Ham Soup.** (Serves 4) Bring 400g of dried peas (rinsed) in to the boil 2L of water, then cover and simmer slowly. Add diced SPAM, along with salt and pepper (or a flavouring sachet) and continue to cook slowly until soup has reduced to your preferred texture and taste.
- **Pilau.** (Serves 4) In a large saucepan, combine 1.5 cups rice, 2.5 cups stock, and 2-3 cups of frozen mixed vegetables, any spices you have around (e.g. cinnamon,

- allspice, or just plain salt and pepper), and a source of protein (a can of tuna, diced SPAM, or if you have it, 350g of any sort of minced meat). Bring to the boil, then reduce the heat and cook for 20 mins or until rice is ready and liquid absorbed.
- **Quasi Paella.** (Serves 6) Cook 2 cups of rice in 1L chicken soup mix or stock. Add 1 cup peas, chopped SPAM, 1 tin of tomatoes, and any other vegetables you have (e.g. chopped mushrooms, etc). If available, stir through some garlic powder and herbs (e.g. tumeric, paprika etc.) or just plain salt and pepper. If you have a lemon tree, finish with a squeeze of lemon!
 - **Rice Pilaf.** (Serves as many as you'd like) If you have onions, slice up to four of these up and sauté. Since this is a fairly bland meal, you might like to caramelize them with a little sugar. Then add equal amounts of rice and lentils, boiling them in 1.5 times as much water as the volume of the grains. Serve with vegetables – frozen, canned, or anything you have in the fridge.
 - **Rice, Lentils and Bacon.** (Serves 4) Soak lentils overnight if possible. Cook rice, while boiling lentils in a small saucepan. Fry up some chopped bacon SPAM along with cooked rice and lentils. (Green lentils hold their shape best, but any will do) If you have actual bacon for this recipe, cook it first until the oil comes out, and you can use this instead of cooking oil. Serve with vegetables of choice.
 - **Slow-cooked Lentils.** (Serves 4) Combine 1 can chopped tomatoes, any root vegetables lurking in your fridge (e.g. potato, pumpkin, carrot) peeled and diced, and 2 cups of beef stock or prepared onion soup. Add a little garlic if you have it, and 1.5 cups of uncooked lentils. Cook in a slow cooker for 6hrs on high, or 8 on low.
 - **Tomato and Lentil Soup.** (Serves 4) In a large saucepan, add 2 cans of tomatoes, 6 cups of stock (or prepared soup mix), and 1.5 cups of lentils. Bring to the boil, and then stir and reduce temperature and simmer for 45 mins. Add any herbs, including garlic and Mexican seasoning if you have it, to finish.
 - **Tortilla Chips.** (Serves as many as you'd like) Allow 1 large tortilla per person (made according to the 'Cheap Tortilla' recipe, or any you happen to have in the fridge/freezer). Cut into strips, then into triangles. (Scissors seems to be the easiest way to do this). Spread on an oven tray, and, if you have it, brush with oil/butter/margarine, and sprinkle with salt and any spices you have. Bake for 10 mins at 200C. To turn this recipe into nachos, add one of the bean recipes and sprinkle with some frozen cheese you might have, or Parmesan. Return to oven for 5 min at 180C.
 - **Tuna Pasta Sauce.** (Serves 4) Drain the oil from your tuna into a saucepan and, if you have them, cook 1 clove of garlic (or powdered equivalent) and 1 chopped onion. Then mix in 1 tin of tomatoes (you can purée or simply mash it up with a fork) and your tin of tuna. Stir for 5 mins until warmed, then serve over noodles prepared according to the pack. (Tip: keep the flavouring sachets for adding some extra taste to other meals)
 - **Tuna Salad.** (Serves 2) Combine 130g of cooked rice with 150g of tuna (drained and flaked), 100g of drained chopped tomato, and salt and pepper. If you have it, add a squirt of mayonnaise, and mix through. Serve topped with Parmesan.
 - **Vegan Chilli.** Prepare your choice of soup mix as directed on the pack. Then, add a can of corn kernels, a can of tomatoes, and any spices desired. To really make this a chilli, you'll need to add a couple of chillis, or chili sauce if you don't have any, but this is a tasty meal regardless.
 - **Vegetable Arancini Balls.** (Makes 10) Combine 250g of cooked risotto with 100g of vegetables of your choice (corn, peas, beans, etc.) and mix well. Shape a

heaped spoonful into a ball, and repeat to make 10 in total. Dip each ball in flour if available (or make 'breadcrumbs' from oats). Cover and refrigerate for 30 mins. Fry in oil, a couple at a time, for about 4 mins until completely golden.

- **Vegetarian Couscous.** (Serves 4) Cook 400g of chickpeas or similar according to directions on can/pack. Season with salt, pepper, and if you have it, some onion powder and cinnamon. Serve over prepared couscous, flavoured with your favourite herbs.

DESSERT AND SNACKS

- **Rice pudding.** If you have leftover rice, add a little extra water (or milk if you have it), and microwave or heat in a pot with any of the following you have in the cupboard: cinnamon, nutmeg, honey, sugar.
- **Muesli bars.** Leftover porridge can be turned into muesli bars – preheat oven to 180C, and grease or line a 20cm square brownie tin. Melt 100g of butter and 2 tbs of golden syrup (or equivalent sugar) in a saucepan. Remove from heat and add approximately 1 cup of leftover porridge. Mix well, then stir through an additional 100g of rolled oats, and, if you have it, 150g of SR flour (otherwise, just double the oat mixture) and 50g of coconut. Press the mixture into the tin and bake for 20 mins. Cut after cooling.
- **Cookies.** Combine 200g butter, 100g sugar, and 300g flour. If you have it, you can add cocoa, dried coconut, or choc chips etc. for some variety. Roll into firm logs, slice into biscuit shapes, lay on a tray and bake at 190C for 10-15 mins.

Recipe Sources: Modified from *Enjoy, Delicious, and Destitute Gourmet* by Sophie Gray, *No Waste Kitchen* by Giovanna Torrico and Amelia Wasliev, *The \$21 Challenge* by Fiona Lippey and Jackie Gower, and *How to Feed Your Family for \$75 a Week Guaranteed* by Cynthia & Alisa Mayne. See also [Early Retirement Extreme](#)

How long will it last?

This list is intended as a basic 'starter' guide, and how long these supplies will last you will depend on a number of factors, including

- how many people are in your household
- how many meals you regularly eat (e.g. whether you eat breakfast, or already have a supply of cereal in the house, whether you usually eat snacks, etc.)
- how big your appetite is (number of serves in the list is based on the manufacturers' estimates, which are often less than generous)
- how regularly you bulk out your meals by having, for example, rice as a side dish
- which recipes you choose. Some use more ingredients than others, and it's not possible to make all of them from one stockpile of this size, they are just intended as ideas.

That being said, if you consider all of the dry carbohydrates on the list (grains, pasta, noodles etc.) as bases for meals, and the canned foods, soups, and flavourings as merely additives to these, by my count this list should make 85 servings according to the manufacturers' estimates:

- Dried bean based meals (7)
- Dried lentil based meals (10)
- Rice based meals (28+)
- Oat-based meals (25+)

- Noodle-based meals (10)
- Couscous or pasta based meals (5)

That's enough for 2 people for 2 weeks:

- 85 divided by 3 meals a day = 28 serves.
- 28 divided by 14 day quarantine period = 2 people.

One way some preppers assess how long a pantry will last is by looking at how much energy it will provide. Of course, counting calories alone is not a comprehensive measure of nutrition. (If it was, the easiest way to make a 'healthy' pantry would be to replace the vegetables and meat with sugar and oil!)

It should be emphasised that this plan is not designed to be nutritionally complete, but merely to provide a foundation so that you don't need to go out to the shops as often if quarantined. It's not designed for serious preppers intending to bunker down, but ordinary individuals, couples, or families who want to add a few things to their pantry to help tide them over in the event of an emergency.

Regardless, here is the energy breakdown for those who are interested:
(Figures based on my own shop, may differ for you)

Item	Reference product	Energy (total kj in pack)
Dried beans	McKenzie's dried black beans	4,845
Split peas	McKenzie's soup mix	7,350
Rice	Coles long grain white rice (2kg)	30,400
Oats	Coles rolled oats (900g)	14,130
Powdered chicken soup	Coles chicken noodle soup mix	668
Powdered onion soup	Coles French onion soup mix	512
Beef noodles	Coles beef flavoured instant noodles	8,300
Chicken noodles	Coles chicken flavoured instant noodles	8,250
Pasta (2 packs)	Woolworths spiral pasta	15,100
Stock cubes	Massel 7's chicken stock cubes	186
Garlic powder	Hoyt's garlic powder (estimate)	238
Parmesan cheese	Coles grated parmesan cheese	2,060
Tomatoes (2 tins)	Coles chopped tomatoes	776
Spaghetti	Coles smart buy spaghetti	1,155
Baked beans	Coles smart buy baked beans	1,638
Bean mix	Coles four bean mix	1,160
Mushrooms	Coles whole champignons	284
Corn	Coles corn kernels	642
Green peas	Coles baby peas	900
Red meat	SPAM with bacon	4,368

Tuna (3 tins)	Coles tuna in vegetable oil	2,388
Soup	Coles condensed canned soup	1,424
	TOTAL	105,804 kj

The average adult eats around 8,700kj/day, which would mean this list of items should provide enough energy for over 12 days. It's not unreasonable to expect that you might be able to supplement these basic items with ingredients you have in your fridge/freezer to round this out to 14 days for an adult.

With the recommended items of flour, sugar and oil, the total rises to 162,854kj, which provides enough energy for an adult for almost 19 days. Again, it is not unreasonable to think that, with the foods you might normally have stocked in your fridge/freezer, you could round this out to provide for two adults for two weeks.

It's also important to remember that everyone's energy needs are different, and that your needs may change if you are ill, or lower if you are indoors and sedentary. Victoria's [Better Health](#) website provides a guide for calculating your own needs. The above figures are based on adults, and children will generally need less. The same is generally true of the elderly.

Obviously, this list alone would make a very boring and meagre diet, but as something you can draw upon in an emergency, and hopefully as a basis for adding other foods you might have to, it is better than nothing.

The suggestions on this list prioritise bulk and price, along with versatility and shelf-life. It's intended to show that you don't need to spend \$300 (the average weekly grocery spend) to start a stockpile. You can begin with just a tenth of this amount. Use it as a basis, and add to it the foods you/your family most enjoy, and that meet the key requirements of:

- cheap
- tasty
- easy to source and use
- long shelf-life

Shelf-life

Here are the reported shelf lives of the ingredients on the list, assuming they are properly stored (sealed containers, in a dark cupboard).

4-5 years+

- **Dried legumes** (beans, split peas etc) last *indefinitely* according to most sources
- **Canned meats** several years ([some sources](#) suggest up to five years after the expiry date) Refrigerate and use within 7 days of opening
- **Rice** can last 4-5 years (note: this is not true of brown rice, which has a much shorter life span)

3-4 years

- **Canned vegetables and soups** several years ([some sources](#) suggest up to two years after the expiry date) Refrigerate and use within 7 days of opening
- **Garlic powder** 3-4 years properly stored

1-2 years

- **Stock cubes** several years ([some sources](#) suggest up to a year after the expiry date)
- **Powdered soup** around 2 years (check best before date)
- **Oats** usually 1-2 years after date of production
- **Instant noodles** 1-2 years (check best before date)
- **Couscous** 1-2 years unopened

Several months

- **Powdered Parmesan cheese** check best before date. Use within 7 days of opening, or freeze

Where do I go from here?

This guide is just a start – it's not intended to feed two fully grown adults for two weeks, but it is intended to be a cost-effective guide to supplement your usual shop.

Other suggestions you might like to include next week, or if you have a bit of extra cash, include passata/tomato paste, vinegar, other canned fish, polenta, peanut butter and other condiments, popcorn kernels, pickles/chutney, and flavourful items like olives and sundried tomatoes. They can be on the pricey side, but they'll make bland foods taste so much better.

If you drink milk, consider some UHT cartons/powdered milk, or if you usually drink coconut milk, you'll find you can make your own by purchasing a small 60c can of coconut cream and mixing it with water. (Check the ingredients on your favourite coconut milk, chances are you'll see the ingredients are water and about 7% coconut cream)