

My First Kitchen

Essential kitchen equipment:

This is a list of the bare essentials; other items may be purchased, as you need them. Remember, if going to Uni, check what items might be supplied in your kitchen, so you don't buy something you will not need. Also, don't forget thrift shops to find bargains for these items!

Dinner plates, forks, knives and spoons
Bowls for breakfast or soup
Kettle
Medium saucepan and frying pan with lids
Ovenproof dish
Set of knives – paring, bread knife, chopping
Chopping board (preferably plastic)
Wooden spoon
Tin opener & bottle opener
Cheese Grater
Liquid measuring cup
Oven gloves

Other items:

Resealable sandwich bags – excellent for storage and to keep things fresh
Plastic bowl or box with lid
Microwaveable bowl
Cling film
Tin foil
Washing up liquid, tea towels, disposable cloths
Bin bags
All-purpose disinfectant kitchen spray

Food to Buy:

Stock these items to be sure you always have a meal at hand!

Essential Store cupboard food:

Pasta	Vegetable Oil
Rice	Tinned Baked Beans
Tinned Tuna	Cereal
Tinned Chopped tomatoes	Salt and Pepper
Tinned Sweet Corn	

In the Fridge:

Milk	Juice
Eggs	Butter
Cheese	

Perishable Items:

Bread	Potatoes
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