

BRITISH SWIMMING WORLD CLASS PROGRAMME

FACT SHEET

The Basics

Shopping and Cooking Tips

Shopping and cooking for yourself when you first move out of home and into halls or your own house can seem rather daunting, especially when trying to fit it around college/university work as well as training. However, the pay-offs for eating well are worth the effort. Below are some key strategies and tips to help you get started.

Where possible, use teamwork

- If you share a house, organise to share tasks. When time or money is scarce, it helps to pool resources.
- Use your rest day to do shopping and cooking tasks that help other housemate; you will appreciate the help when you are busy.

New skills

- Gradually master new cooking skills. Get a good athlete cookery book to start you off and then branch out by adapting the recipe yourself, changing a few ingredients.
- Look out for tips from other athletes or cooks. Take information from a variety of sources and adapt to suit your needs.

Plan ahead and measure your time well

- Make a list of useful items for the freezer, fridge and pantry and keep these in stock (see list). Note when stocks are running low and need replacing. Take advantage of any supermarket special offers to grab multiple of these items.
- Avoid supermarkets at peak times; shop late or early to save time. Also avoid shopping when you

are hungry or tired as you are likely to buy more items that you don't really need.

- Only buy goods that you can use within the use-by-date. Choose good quality products that have been appropriately stored.
- Even if you are cooking a meal for just one or two people, cook the whole recipe to ensure there are left overs. This will save you from cooking the next night or you can freeze single portions that you can just heat up at a later date.
- Prepare as much of the meal as you can before training (e.g. chop all the ingredients) as this will speed up the cooking process when you get home.
- Plan snacks that can be eaten on the run or taken with you if you have a busy day.

List for the freezer:

Chicken, lean mince, lean beef, lamb or pork, frozen vegetables and stirfry mixes, bread, pizza bases and crumpets.

List for the fridge:

Fresh fruit and vegetables, juice, yoghurt, margarine, eggs, condiments (mustard, tomato sauce, low fat dressing and mayonnaise) and reduced fat cheese.

List for the pantry:

Pasta, rice, cous cous, oats, breakfast cereal, canned spaghetti, canned legumes (baked beans, chick peas, kidney beans), tomato soup, tuna and salmon, bottled pasta sauces, soy sauces, fish sauce, vinegar, rice cakes, cereal, muesli bars, dried herbs and spices, baking goods (sugar, flour, cornflour, essences, cocoa), pancake mix, oils.

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Take some shortcuts

- Cous cous is a good, quick alternative to rice and pasta if you are in a rush; it can be ready in minutes.
- Fresh pasta cooks quicker than dried varieties. Fresh lasagne sheets can cut cooking time in half.
- Jars of herbs provide authentic flavour and save you having to chop or grate items such as garlic or ginger and waste unused portions. You can also buy some fresh herbs, such as parsley and coriander, and freeze in portions for later use.
- Make use of prepared pasta and stirfry sauces and even fresh soups. These can be used as the flavouring base of a dish to which you can add your choice of meat and vegetables.

Shopping list

- Tomato-based pasta sauces
- Stirfry and casserole sauces (check label for fat content)
- Fresh or frozen pizza bases
- Frozen vegetables and stirfry mixes
- Most canned or fresh soups (check fat content)
- Canned beans, chickpeas and other legumes
- Canned tomatoes, corn
- Pizza and tomato paste
- Dried/minced herbs
- Custard and rice pudding cartons/tins
- Spray oils for cooking

