

What do you really need in your store cupboard?

iWonder introduction video

If you're just starting out or want to cook more, it really helps to have a well-stocked store cupboard at your disposal. It means you'll be able to whip-up cheap, nutritious meals in a jiffy – even if the fridge is bare.

It's about keeping a stock of food that can happily sit in your store cupboard or freezer for months, ready for you to dip into when you need food fast. Sometimes life gets in the way of our best intentions but with a few key ingredients you'll always be able to make a decent meal that will keep you – or a whole family – happy, without resorting to unhealthy ready meals or an expensive take-away.

But where to start? And can a good store cupboard make you a better cook?