

Kitchen Essentials

FOR TEENS LEAVING THE FAMILY HOME

Here's a tool you can use with your teenagers to help them get equipped for cooking in preparation for their big move.

Kitchenware

Here's a list of basic kitchenware to have on hand. Check the box once you have the item. You can add to this list as needed.

- | | | |
|--|--|---|
| ☐ Slotted spoon | ☐ Set of measuring cups | ☐ Baking sheet |
| ☐ Flexible or rigid spatula | ☐ Set of measuring spoons | ☐ Big pot (with lid) |
| ☐ Wooden spoon | ☐ Tongs | ☐ Small pot (with lid) |
| ☐ Ladle | ☐ Can opener | ☐ Baking dish |
| ☐ Ricer | ☐ Set of mixing bowls | ☐ Pan |
| ☐ Whisk | ☐ Colander | ☐ _____ |
| ☐ Chef's knife | ☐ Muffin pan | ☐ _____ |
| ☐ Paring knife | ☐ Cutting board | ☐ _____ |
| ☐ Peeler | ☐ Grater | ☐ _____ |

Foods

Here's a list of essential foods to have in the kitchen. You can add to it as needed. This list can be used as a guide for a first grocery shop.

Fresh

- ☐ Eggs
- ☐ Frozen vegetables
- ☐ Apples
- ☐ Carrots
- ☐ Celery
- ☐ Onion
- ☐ Milk or plant-based milk
- ☐ Meat or plant-based protein (tofu)
- ☐ Mayonnaise
- ☐ Soy sauce
- ☐ Mustard, ketchup
- ☐ Cheese
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pantry

- ☐ Pasta
- ☐ Rice (or couscous, quinoa, barley)
- ☐ Canned legumes
- ☐ Canned fish (tuna, salmon)
- ☐ Canned tomatoes (coulis, diced, etc.)
- ☐ Canola oil
- ☐ Vegetable broth
- ☐ Spices
- ☐ Salt
- ☐ Pepper
- ☐ Flour
- ☐ Sugar
- ☐ Baking powder
- ☐ Baking soda
- ☐ Vanilla extract
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Kitchen Skills

Here's a list of basic kitchen skills to master. You can add to it as needed.

- > Read a recipe
- > Use kitchen tools
- > Know the shelf life of foods
- > _____
- > _____
- > _____
- > _____
- > _____
- > _____
- > _____
- > _____

Marjolaine Cadieux



Dt. P., M.Sc
Nutritionist
Dietitian