

# What to do when there is nothing left

Simple meals from what you have



Food is more than what is on the plate. It is about health, connection, culture and community.

When food is running low, even simple meals can feel hard. These ideas are here to help make something from very little, using what you have, and getting through the challenging times.

Some weeks are harder than others.

## Start with what you have...

Before buying anything, check what's already available:

- Pantry (rice, pasta, tins)
- Freezer (vegetables, leftovers, bread)
- Fridge (anything that needs using)

## Simple low-cost meals

Rice + whatever you have

- Add frozen vegetables, egg, or a small amount of meat
- Season with salt, sauce or spices

Pasta + basics

- Oil, garlic, frozen veg
- Add cheese if available

Toast meals

- Beans on toast
- Egg on toast
- Cheese toasties

Soup from scraps

- Vegetable peelings and ends + water = simple soup
- Add pasta, rice or lentils if you have them

## Stretch meals further...

Small changes can help food go further:

- Add water or stock to bulk out meals
- Use bread or rice to make meals more filling
- Mix small amounts of meat through larger dishes
- Add extra vegetables wherever possible

Quick extras (if available)

If you have a few extra items, they can go a long way:

- Eggs – add protein to most meals
- Oats – quick, filling breakfast or snack
- Frozen vegetables – affordable and long-lasting
- Tinned beans or lentils – bulk out meals

## TOP TIP

Keep a few low-cost staples on hand when you can. Even small amounts can make meals easier to pull together when things are tight.

## If you need extra support

You are not alone. Local services and community organisations can help when things are tough.

Food insecurity is not a personal failure. Rising costs and life pressures are making it harder for many people to keep up.

These ideas are about getting through – one meal at a time.