

Eat Well Kitchen Kit List



Our Kitchen Kit List provides a handy reference of the things that you may need to have in your kitchen. You don't necessarily need everything on this list, but it is a good place to start when you set up for the first

Preparation				Cooking			
Measuring & Mixing		Slicing & Dicing		Pots & Pans		Cooking Utensils	
Measuring jug	<input type="checkbox"/>	2 Chopping boards	<input type="checkbox"/>	Large deep sided frying/saute pan	<input type="checkbox"/>	Slotted spoon	<input type="checkbox"/>
Mixing bowls	<input type="checkbox"/>	Medium/large sharp knife with a sheath	<input type="checkbox"/>	Large pot with lid	<input type="checkbox"/>	Wooden spoon	<input type="checkbox"/>
Wooden spoon	<input type="checkbox"/>	Serrated knife	<input type="checkbox"/>	Small pot with lid	<input type="checkbox"/>	Stirring /serving spoons	<input type="checkbox"/>
Spatula	<input type="checkbox"/>	Grater	<input type="checkbox"/>	Metal steamer that sits	<input type="checkbox"/>	Metal tongs	<input type="checkbox"/>
Whisk	<input type="checkbox"/>	Tin opener	<input type="checkbox"/>	Small frying pan	<input type="checkbox"/>	Fish slice	<input type="checkbox"/>
Compact scales	<input type="checkbox"/>	Veg/Potato Peeler	<input type="checkbox"/>	Lidded oven proof dish	<input type="checkbox"/>	Masher	<input type="checkbox"/>
	<input type="checkbox"/>	Kitchen scissors	<input type="checkbox"/>	Baking tray	<input type="checkbox"/>	Ladle	<input type="checkbox"/>
	<input type="checkbox"/>	Corkscrew	<input type="checkbox"/>	Small roasting tin	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>	Bottle opener	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Serving and Eating		Cleaning & Clearing		Storing		First Aid	
Dinner plates	<input type="checkbox"/>	Multisurface cleaner	<input type="checkbox"/>	Glass/plastic sealable bc	<input type="checkbox"/>	Plasters	<input type="checkbox"/>
Medium plates	<input type="checkbox"/>	Disinfectant wipes	<input type="checkbox"/>	Thermal mug	<input type="checkbox"/>	Dressings	<input type="checkbox"/>
Bowls	<input type="checkbox"/>	White wine vinegar	<input type="checkbox"/>	Clips to seal open packs	<input type="checkbox"/>	Tape	<input type="checkbox"/>
Mugs	<input type="checkbox"/>	Washing up liquid	<input type="checkbox"/>	Cling film	<input type="checkbox"/>	Paracetamol	<input type="checkbox"/>
Knives	<input type="checkbox"/>	Scourer/sponges	<input type="checkbox"/>	Tin foil	<input type="checkbox"/>	Ibuprofen	<input type="checkbox"/>
Forks	<input type="checkbox"/>	Kitchen Roll	<input type="checkbox"/>	Sandwich bags	<input type="checkbox"/>		
Spoons	<input type="checkbox"/>	Bin Bags	<input type="checkbox"/>	Freezer bags	<input type="checkbox"/>		
Tea spoons	<input type="checkbox"/>	Hand soap	<input type="checkbox"/>	Marker pen	<input type="checkbox"/>		
Salt & Pepper cellar:	<input type="checkbox"/>	Tea towels	<input type="checkbox"/>	Thermal food flask	<input type="checkbox"/>		
Pasta bowls	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		
Egg cup	<input type="checkbox"/>						
First Aid		Shopping		Electrical appliances			
Plasters	<input type="checkbox"/>	Shopping bags	<input type="checkbox"/>	Handheld blender	<input type="checkbox"/>		
Dressings	<input type="checkbox"/>	Vouchers	<input type="checkbox"/>	Toastie maker	<input type="checkbox"/>		
Tape	<input type="checkbox"/>	Shopping list	<input type="checkbox"/>	Rice cooker	<input type="checkbox"/>		
Paracetamol	<input type="checkbox"/>			Air Fryer	<input type="checkbox"/>		
Ibuprofen	<input type="checkbox"/>						