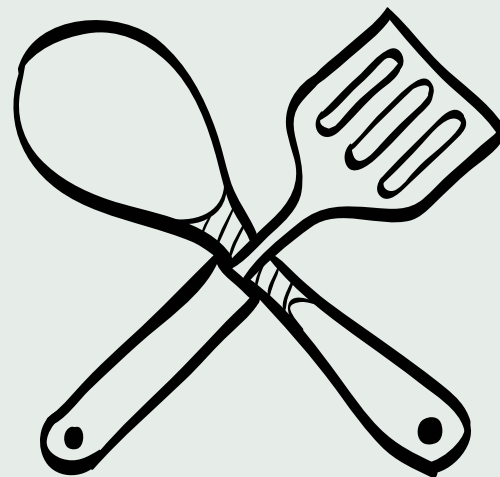


# EASY FOOD

*Tips n Tricks*

## Top 14 utensil essentials



# 1

## Chopping board & knife



# 2

## Mixing bowl





# 3

## Saucepan



# 4

## Frying pan



# 5

## Tongs





# 6

## Wooden spoon



# 7

## Spatula





8

# Ladle



9

# Strainer





# 10

## Grater





# 11

## Microwave-safe container



# 12

Fork or whisk





# 13

## Can opener





# 14

## Baking extras

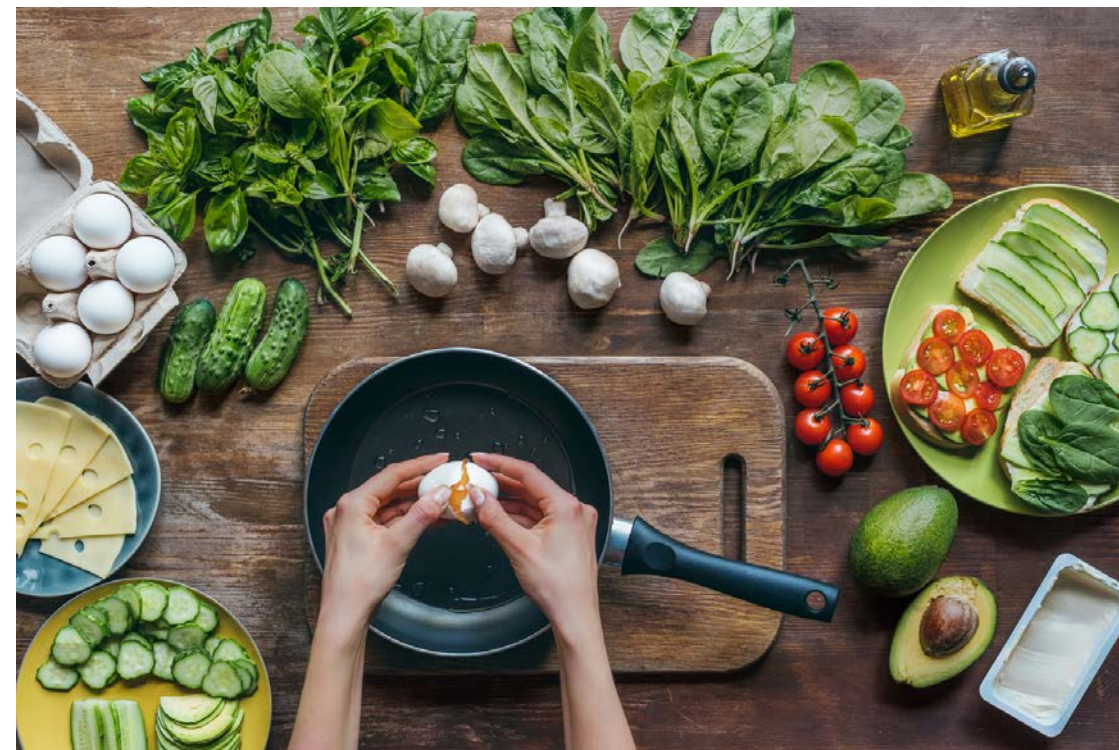




**For helpful resources visit:**

[www.healthier.qld.gov.au](http://www.healthier.qld.gov.au) > Guides > Food > Cooking Tips

[www.livelifter.com.au](http://www.livelifter.com.au) > Tools and Resources >  
Resources > Healthy Home Cooking



# EASY FOOD

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**Health**  
Illawarra Shoalhaven  
Local Health District

