

Shopping List

Fresh Food

- Fruit
- vegetables
- Bread
- Milk
- Cheese
- Butter/Margarine
- Meat/Fish

Dried Food

- Pasta
- Rice
- Noodles
- Couscous
- Cereal
- Sugar
- Flour

Tins/Jars

- Tomatoes
- Baked Beans
- Beans/Pulses
- Cooking Sauce
- vegetables
- Meat
- Fish

Frozen Food

- Potato based products
- vegetables
- Meat
- Fish
- Ready Meals

Condiments & oils

- olive oil
- vegetable/Sunflower oil
- Tomato Ketchup
- Mustard
- Mayonnaise
- vinegar
- Salt
- Pepper
- Herbs & Spices

Household

- Bin bags
- Toilet Roll
- Kitchen Roll
- washing Up Liquid
- washing Powder
- Fabric Softener

Drinks

- Tea
- Coffee
- Soft Drinks