

# 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